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No Metro on Monday

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Syrian strike up in the air

As U.K. opts out of military action, White House mulls going it alone PAGE 8

GUNS. LOTS OF GUNS.

POLICE SEIZE MORE THAN 200 FIREARMS FROM ALLEGED DEALER'S HOME PAGE 2

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CANADA'S HOTTEST JOB

Brave and dedicated men and women risk their lives to put out fierce forest fires across the country. Metro profiles Canada's extreme firefighters, pages 10-12. JENNIFER GAUTHIER/FOR METRO

Park Board disowns the rebel centres

OneCard dispute. Attempt at unification has ultimately led to lawsuits, dissension

MATT KIELTYKA
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Vancouver's Park Board has vowed to terminate its agreement with six community-centre associations and cast them adrift as the ongoing dispute over the universal OneCard intensifies.

The hard stance was announced Thursday in response to a lawsuit that the six community centres (Killarney, Kensington, Kerrisdale, Hastings, Sunset and Hillcrest) launched Aug. 20 against the Park Board, alleging the elected board was attempting to seize revenues and control from the non-profit groups.

The six CCAs want damages and an injunction against the OneCard.

"Their claim is essentially a challenge to the right of the elected Park Board to set a public-policy agenda on behalf of citizens," a statement from Park Board chair Sarah Blyth reads.

"In a setting where the six CCAs as plaintiffs are seeking significant damages against the Board and seeking court intervention to block Board objectives, the Park Board has no alternative but to cease doing business with them."

The board has directed staff to serve the community centres notice that their Joint Operating Agreement will be ending on Dec. 31.

The Park Board says there will be no changes in service at the centres until the end of the year and is working on a transition plan — which includes finding new community organizations to run the centres — to keep services going beyond that.

They also plan on "vigorously defending" themselves in court.

The other 16 community centres within the city have already accepted the OneCard scheme and ratified interim agreements with the Park Board.

WITH FILES FROM EMILY JACKSON

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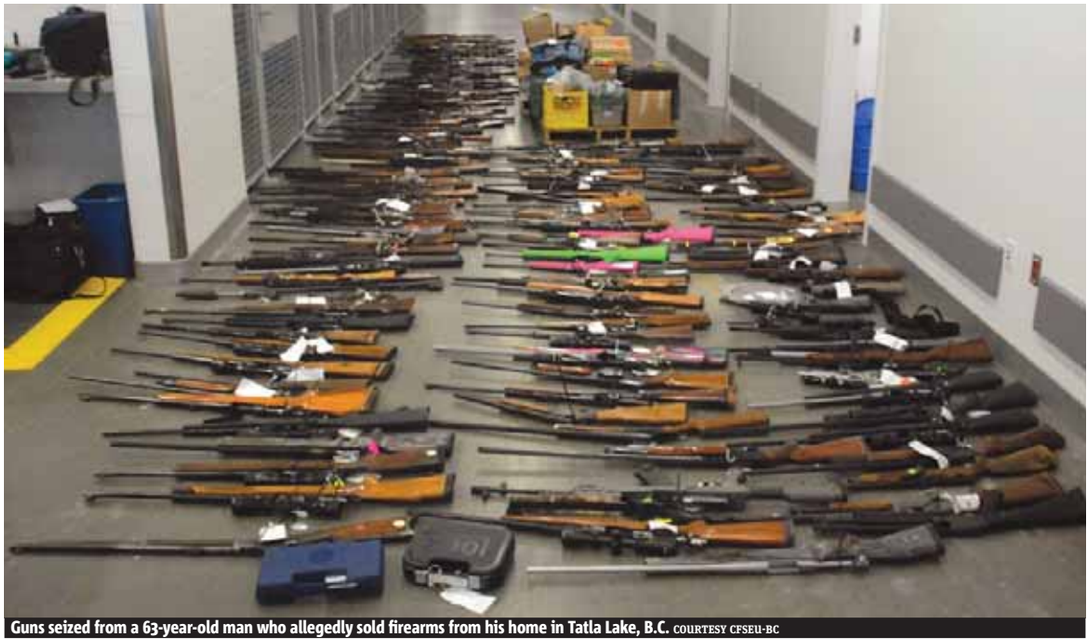

Guns seized from a 63-year-old man who allegedly sold firearms from his home in Tatla Lake, B.C. COURTESY CFSEU-BC

200 firearms seized in B.C. gun bust

Tatla Lake. Charges against 63-year-old expected as police forensically examine each recovered rifle

EMILY JACKSON
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Police say they busted a Northern B.C. man trafficking dangerous weapons to gangsters by seizing nearly 200 firearms from his home in Tatla Lake last week.

The Combined Forces Special Enforcement Unit of B.C. claimed the 63-year-old man was selling assault-style semi-automatic rifles and prohibited over-capacity magazines, among other things, from his longtime residence after receiving a tip in June.

Investigators seized 183 firearms, including AR-type rifles, SKS semi-automatic rifles and handguns, and tens of thousands of rounds of ammunition when they searched his home and arrested him last week. Some of the weapons are worth several thousand dollars.

High-capacity magazines

"Many of these guns are capable of firing rounds that could pass through vehicles, doors, walls and even body armour."

Sgt. Lindsey Houghton on the seizure

"Many of these guns are capable of firing rounds that could pass through vehicles, doors, walls and even body armour. That is an unacceptable risk to the public and the police," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

While the seizure wasn't directly tied to gang activity, police fear the guns would have made their way into the hands of violent criminals, Houghton said.

It's not clear to police how the guns got into Canada in the first place. Investigators are forensically examining each weapon.

The man arrested, who does not have a criminal record, has since been released pending charges. Police say he will face numerous weapons-related charges.

Coquitlam

Shooting victim linked to gangs: Homicide team

Police have confirmed the victim of Tuesday's deadly Coquitlam shooting was associated with gangs.

Joey Lamont Arrance, 34, was shot while in his Infinti SUV in a parking lot on Marathon Court near Burnette Avenue, according to a statement from the Integrated Homicide Investigation Team.

Arrance tried to flee in his vehicle, but was unable to drive far due to his injuries. He was pronounced dead in hospital.

Arrance had a criminal record, was known to police and associated with gangs, according to IHIT.

EMILY JACKSON/METRO

Airport union

Eleventh-hour deal halts strike

A tentative agreement has been reached to avert a strike at the Vancouver airport by almost 350 unionized workers.

The Public Service Alliance of Canada and the Union of Canadian Transportation Employees had issued a strike notice on Tuesday and a walkout was scheduled to begin at midnight.

PSAC says the agreement was reached late Thursday night with the assistance of a federal mediator, after two days of eleventh-hour negotiations.

The union's bargaining team is unanimously recommending its members accept the deal.

No details of the agreement were released.

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Angel seals it with a kiss

Victoria's Secret Angel Lindsay Ellingson was in Vancouver Thursday to help promote the chain's new store, its second largest in the world. The media blitz continued at the glitzy Robson and Burrard store, complete with a pair of sparkly pink scissors for the ribbon cutting. JENNIFER GAUTHIER/FOR METRO

Rob Nutter, a 55-year-old recipient of a heart and kidney transplant at St. Paul's hospital, receives a glowing checkup months after the successful and rare double transplant. JENNIFER GAUTHIER/FOR METRO

Determination key to transplant success

Like the 'Energizer Bunny.' Doctors crediting patient's will for success of rare double-transplant

ELIZABETH HAMES
vancouver@metronews.ca

B.C.'s medical community is applauding the success of a rare double transplant, but doctors say the surgery wouldn't have been possible without the unstoppable will of their patient.

Just two days after he became the fifth patient in B.C. history to receive a new heart and kidney in the same day, Rob Nutter was walking laps around the nurses station — and he hasn't slowed down since.

"It just progressed from there," said an emotional Nutter at a press conference Wednesday. "I did as much as I could as often as I could."

The 55-year-old former millwright was diagnosed with post-viral dilated cardiomyopathy in 1998 and, later, kidney failure had him visiting the hospital multiple times a week for dialysis.

When his condition worsened in 2011, his name was added to the list of now more than 500 patients awaiting transplant in B.C.

Although he lived as full a life as he could before the surgery, Nutter was weakened by his condition and even a 15 minute walk was strenuous. If he did have the stamina for more activity, he was burdened by tubes and batteries trailing from his dialysis machine and heart assist device.

Two months after the 14-hour operation, hour-long strolls in the morning and evening are a regular part of his daily routine. He says he is looking forward to hiking the trails around Castlegar.

Nutter's determination has earned him the nickname "Energizer Bunny" around the intensive-care unit.

"This guy just keeps on going," said Dr. Jamil Bashir, part of the team of doctors who oversaw Nutter's operation.

"Without that, without the human spirit and the strength to go on, you really can't — you can't do these things."

Nutter said he called the press conference to promote organ donation and St. Paul's hospital, which he says has "saved my life so many times in the past two years. It's just incredible."

Although Nutter doesn't know anything about the organ donor, he expressed sincere gratitude to the donor's family.

"It's just really hard to put into words that I'm so thankful they've given me a second chance at life," he said.

For more information on organ donation or to sign up as a donor, visit transplant.bc.ca.

Skeleton. Most complete dinosaur found in B.C. could be a sign of more to come

A paleontologist says the dinosaur bones airlifted from an area near the Alberta border last week make up the most complete skeleton ever found in B.C., even if the head is yet to be located.

Richard McCrea of the Tumbler Ridge Museum says it's possible the head was scavenged by a Tyrannosaurus because about 60 of the carnivorous dinosaur's teeth were found.

McCrea says the excavation process for the 73-million-year-old hadrosaur's remains has been in the works since 2008, but his team is hoping to unearth dozens more like it in what he describes as a bone pit near Tumbler Ridge, B.C.

The paleontologist says at least 30 hadrosaurs (duck-billed dinosaurs) could still be discovered in the area because they lived in herds and did not tend to die alone or in small groups.

McCrea adds the skeleton is proof that B.C.'s paleontological history needs to be taken more seriously and that the excavation took so long partly because his six-member team operates on such a small budget.

McCrea says it will be at least a year before the hadrosaur remains will be displayed at the museum because he currently does not have funding to hire the proper technicians to prepare the bones.

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Hope for last-minute Labour Day campers

While nearly all BC Parks' reservable campsites are booked for the long weekend, there's still a chance tardy campers can enjoy a night under the stars before summer's end.

Although BC Parks allows campers to reserve their site up to three months in advance, it also makes spots available on a "first come, first served" basis, said Nathalie Dechaine, recreation policy and business analyst for BC Parks. This means last-minute campers showing up the day they want to camp still have a shot.

Dechaine said the South Coast region within an hour's drive of Vancouver is by far the most popular in B.C. For the best chance of finding a site, Dechaine recommends driving further afield to campgrounds like EC Manning Provincial Park, a three-hour journey from the city core.

"Fair-weather" campers may also free up reserved sites if Thursday's showers linger into the weekend, she said. However, forecasters are predicting sunny skies, and BC Parks recently lifted fire bans province-wide.

To make matters more challenging, BC Parks has seen a record-breaking year for reservations, with more than 115,000 people booking through discovercamping.ca.

ELIZABETH HAMES/FOR METRO

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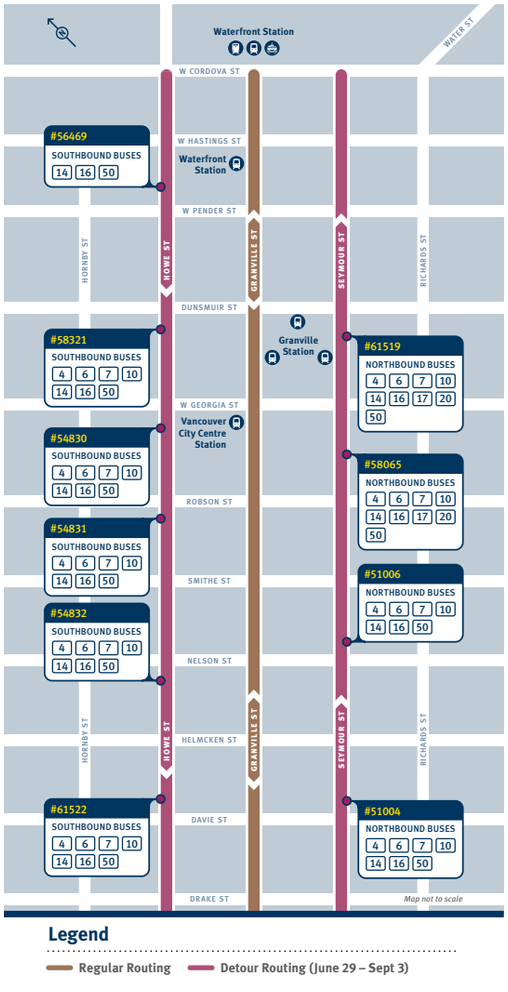
- **Fridays after 9 p.m.**
- **All day Saturdays, Sundays and holidays**

Regular service along Granville Mall is scheduled for all other times.

Check the map for bus stop locations along Seymour Street and Howe Street during detour times. For more details, visit **translink.ca** or call TransLink Customer Information at **604-953-3333.**

These detours will accommodate the City of Vancouver's VIVA Vancouver program.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Lianna McDonald, executive director of the Canadian Centre for Child Protection, left, and Justice Minister Peter MacKay look on as Prime Minister Stephen Harper speaks in Toronto on Thursday. FRANK GUNN/THE CANADIAN PRESS

PM proposes to crack down on child sex offences

Harsher penalties.
Tories to introduce legislation aimed at keeping those who sexually exploit kids in prison longer

Quoted

"Sadly, there are truly evil people out there.... we don't understand them and we don't particularly care to."
Prime Minister Stephen Harper

Child sex offenders, particularly those who victimize several kids, could spend longer in prison under a range of harsher penalties proposed Thursday by the prime minister.

The Conservative government plans to introduce legislation this fall aimed at cracking down on people who sexually exploit children, Stephen Harper announced.

"Sadly, there are truly evil people out there. The fact is we don't understand them and we don't particularly care to. We understand only that they must be dealt with," Harper said at an event in Toronto.

"To protect our children we must create a justice system that is more responsive to victims and especially more responsive to children and to the families of children who have been victimized by sexual predators."

A main plank of the proposed amendments would see people convicted of more than one such offence serve their sentences consecutively, rather than the current system in which sentences are served concurrently.

THE CANADIAN PRESS

Harper: 'Do I seem like I smoke marijuana?'

Justin Trudeau has done it. So have premiers Kathleen Wynne and Darrell Dexter.

And Toronto Mayor Rob Ford says he's smoked pot.

Almost everyone on the political scene seems to have tried it, except for Stephen Harper.

The prime minister chuckled during a media scrum on Thursday when asked if he, too, is part of the parade of politicians who have come out recently to concede they've smoked marijuana.

He took the opportunity to hammer Trudeau and the federal Liberals on the issue, accusing them of promoting pot use among children at the expense of developing an economic policy.

A cavalcade of cannabis confessions was prompted by Justin Trudeau's admission last week that he's smoked pot in the past.
STEVE RUSSELL/TORSTAR NEWS SERVICE

"Do I seem like I smoke marijuana?" Harper asked in response to a reporter's question.

Harper said his asthma precluded smoking. "From a very young age, I have been an asthmatic and smoking anything has been out of the question since the time I was very small," he said.

The cavalcade of cannabis confessions was prompted by Trudeau's admission last week that he's smoked pot in the past, at least once since becoming an MP. THE CANADIAN PRESS

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Britain opts out, but U.S. could go it alone

Syria. U.K. is out of military action on Syria following a vote by Parliament; Cameron faced heavy pressure

An Israeli soldier directs a tank at the border with Syria. THE ASSOCIATED PRESS

President Barack Obama on Thursday prepared for the possibility of launching unilateral American military action against Syria within days as Britain opted out in a stunning vote by Parliament.

Facing skepticism at home, too, the U.S. administration shared intelligence with lawmakers aimed at convincing them the Syrian government used chemical weapons against its people and must be punished.

Despite roadblocks in forming an international coalition, Obama appeared undeterred and advisers said he would be willing to retaliate against Syria on his own.

"The president of the United States is elected with the duty to protect the national security interests in the United States of America," spokesman Josh Earnest said. British Prime Minister David Cameron argued a military strike would be legal, but he faced deep pressure from parliamentarians. THE ASSOCIATED PRESS

On the need for action...

Canada a 'reluctant convert': PM

Canada has no plans for a military intervention in Syria but supports its allies who are contemplating forceful action, Prime Minister Stephen Harper said on Thursday.

Harper admitted that lack of international action in light of the apparent use of chemical weapons would set an "extremely dangerous precedent." He added, "Our government has been a very reluctant convert to the idea that there needs to be some ... military action." THE CANADIAN PRESS

N. Korea. Former lover of Kim Jong-un among 12 executed for 'pornography'

Twelve people were reportedly executed in North Korea this month on pornography charges. Among them was high-profile singer Hyon Song-wol, a rumoured former lover of the Supreme Leader Kim Jong-un, with many observers suggesting she paid the price for causing embarrassment.

Her case is typical of a culture of sleaze surrounding the leader, North Korean sources told Metro.

"Kim Jong-un met and fell in love with Ms Hyon at a 'Joy Squad' party," a former regime official from Pyongyang said. "She accompanied Kim Jong-un on his business trips to rural areas to spend romantic time alone."

The affair did not last long and the leader now has two "official" women, the insider said, despite the recent birth of a son by Ri Sol-ju, a musician with whom Kim has been able to cultivate a modern image.

Singer Hyon Song-wol in a still from a music video. YOUTUBE

The source said Ri suffers from jealousy, and described a recent party in which she threw a glass at Kim.

The "Joy Squad" is a notorious institution that is part of the Kim family dynasty.

"They were royal palaces full of masseurs, dancers, musicians, prostitutes and exotic foreign imports," Jasper Beckett, North Korea expert and author of Rogue Regime, told Metro. KIERON MONKS/METRO WORLD NEWS

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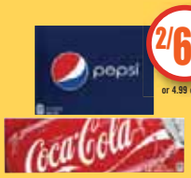

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SHOPPERS DRUG MART

Safety first

Wildfire crews are trained to follow the LACES protocol.

- **L for lookouts.** One crew member, communicating with a supervisor, watches the fire from an advantageous position and constantly keeps an eye out for sudden changes that could endanger firefighters on the ground.
- **A for anchor points.** A location protected from fire spread from which to start building a fire break or line. Prevents a fire from spreading beyond that point.
- **C for communications.** Teams must keep in constant touch so that everyone can concentrate on their job and identify hazards before it's too late.
- **E for escape routes.** Crews must predetermine routes that can be used to get to safety in case a fire becomes too dangerous.
- **S for safety zones.** Crews must set up open zones within the site that provide refuge.

Source: Canadian Forest Service

Tools to tame wildfires

1 Chainsaw. Clearing hazards

Used for clearing fuel from sites and clearing hazards from a forest fire.

2 Hoses & pumps. Prevention

After a water source is found, crews wet areas to prevent the spread of fire and then move in on the fire.

3 Shovel. Firebreaks

Used for constructing firebreaks, digging hose lines, trenches and barriers.

4 Pulaski. The go-to tool

Used to construct firebreaks. It can be used as an axe for cutting and also to dig soil.

5 Drip torches. Controlled burn

Used to start small, controlled fires to burn up any fuel before a wildfire gets to that area.

PHOTOS: 1-4: JENNIFER GAUTHIER/FOR METRO; 5: COURTESY B.C. WILDFIRE MANAGEMENT BRANCH; TEXT: MATT KIELTYKA/METRO

Pemberton Fire Base

- Two 20-man expanded attack crews
- Four three-person initial attack crews
- Three helicopters
- Five rappel crews and specialized rappel helicopter
- Additional response officers and support staff

Crews load up one of the helicopters at the Pemberton Fire Attack Base so it's equipped to quickly head out to a wildfire. JENNIFER GAUTHIER/FOR METRO

Heatseekers. Well-trained wildfire crews ready to attack forests smouldering for a fight

MATT KIELTYKA
matt.kieltyka@metronews.ca

Red flash after red flash lit up a real-time map of British Columbia as reports came in.

A record dry spell in July meant that on Aug. 2 most of the province was under an "extreme" wildfire-danger rating.

People in the outdoors weren't allowed any open flame or campfires and already frowned-upon behaviour — such as casually flicking a cigarette — was now criminal.

But on this day, Mother Nature was the one doing the damage. A hundred new wildfires were recorded as the first storm system in more than a month swept through southern B.C., its flashes of lightning igniting the parched, tinder-dry forests overnight.

The Heatseekers Unit of Pemberton's Fire Attack Base — located just north of Whistler in the province's Coastal Fire Centre — had preloaded one of its three helicopters stationed at the base.

Armed with axes, shovels, chainsaws and hoses, the 20-man unit was ready to rush into nature's inferno at a moment's notice.

Just not at this particular moment.

While crews were attacking fires throughout the province, the remnants of the previous night's storm made it impossible for Pemberton units to get clearance to fly in the morning, with the imposing Mount Currie next to the airfield completely obscured by the cloud cover.

"There's a lot of anticipation in fire season. Sometimes the hardest part is not being on fires," says Heatseekers unit supervisor Joe Lax, 34, whose flat-brimmed baseball cap and youthful appearance mask years of extensive wildfire experience.

It's only the hardest part if you don't think too much about the long days covered in dirt while working furiously with heavy equipment to contain a hellish blaze as it spreads from one treetop to another overhead. It's not a job for the easily intimidated, or for those afraid to get dirt under their fingernails (and just about everywhere else).

"There's a bit of glory to it, but most times it's just getting dirty. It's not easy on the body," says Lax. "We are in there for the long haul, start to finish.

"Sometimes we go in there and establish hose lays; we do a lot of burnoff with drip torches to mitigate the fuel between us and the fire. We do line-locate for heavy machinery to build guard around bigger fires and go right down to mop-up, where we use pulaskis and dig up smoldering debris on the ground and put it out."

Given the job description, it's no wonder the majority of the red shirts toiling away at Pemberton Fire Attack Base seem to be extremely fit men and women in their 20s and 30s.

At homebase, they're all

SOME LIKE IT HOT

energy, jokes and a dash of bravado — the latter being the first to disappear when they arrive on the doorstep of a raging wildfire.

It's all about safety (first and foremost), structure and professionalism.

"There's a huge sense of responsibility," says Lax. "You're working within the public trust. There's always excitement when you fly in to a fire for the first time, but your headspace has to be all about having a plan and working together. For most guys, they just want to get out there and go to work. Fear doesn't enter into it."

Listening to Heatseekers describe running headfirst into a wildfire is less Hollywood and more tax audit: technical, serious and, surprisingly, a bit dull.

A wildfire may seem like pure chaos to the untrained eye, but every crew member who attacks one has internalized a highly detailed gameplan before setting out on a call.

They're in constant communication and each firefighter knows the nature of the fire, the weather and wind conditions, what the topography is and where exits are if things ever get unmanageable.

Wildfire co-ordination officers Toni Large and Rob Dombrowsky — the elder statesmen on base — make sure of it.

The two run the daily briefings and set up the plans for crews heading into the wild.

As the ones responsible for their crew's safety, they were hit as hard as anyone when news broke that 19 members of the Granite Mountain Hotshots in Arizona (the American equivalent of the Heatseekers) died after being entrapped by a wildfire June 30.

"We have 20-person crews. We know every one of these people," says Dombrowsky. "We lunch with them, we talk, we have interpersonal relationships with all of them. To have something like that happen … our hearts go out to all of them. It's a terrible thing."

The disaster sparked a B.C.-wide safety review.

"We had a safety meeting with our supervisors to discuss LACES (see sidebar) and fatigue management," says Large. "It was an opportunity for us to remind ourselves of the safety program. Responder safety is first. We have procedures in place for a reason, to avoid that kind of entrapment."

"They have to come home at the end of the day," adds Dombrowsky.

A helicopter starts a controlled burn behind an evacuated home in an attempt to reduce the amount of fuel for a wildfire burning on Mount McLean in Lillooet, B.C., in this 2009 photo. DARRYL DYCK/THE CANADIAN PRESS FILE

Think you've got what it takes to go to blazes?

Have you got enough fire in your belly to become a wildland firefighter?

You're going to need a lot more than that.

It's one of the toughest, meanest, most dangerous jobs in the country, so the people who take it on have to be the very best.

The test for qualifying as a wildland firefighter has the snappy title of the Canadian Physical Performance Exchange Standard. It's shortened to the code WFX-FIT and that translates into one word: sweat.

"It's no picnic" is the very direct warning in the Ministry of Natural Resources guide to qualifying. One training company's guide sums it up: "The job is the test and the test is the job." It's all based on the real world. And the real world is tough.

On the web

Go to metronews.ca for more on Canada's extreme firefighters:

- **Photos.** See a gallery of the Pemberton Fire Attack Base crew at work
- **Read.** Pine beetle threat extends east

WFX-FIT

- **Carry pump on back:** 160 metres including ramp eight times
- **Hand-carry pump:** 80 metres
- **Lift and carry hose pack on back:** 1 kilometre, including ramp 50 times
- **Charged hose advance:** 80 metres

Here's the challenge:

After passing a stringent medical exam in order to qualify to try out, candidates take on a 40-metre circuit at one of six training centres in Northern Ontario.

First they do it with a 28.5-kg pump on their back — four times around the 40 metres, including a steep ramp each time. Then they repeat it twice with the pump in their arms. Then they grab a 25-kg pack with hoses and carry it for a kilometre. Yes, a kilometre, plus the ramp every 20 metres. That means 50 hills to conquer.

Then it gets really tough.

The would-be firefighter drags an 80-kg sled for two 40-metre laps, to simulate dragging a hose towards a fire.

It takes mettle to do this: A parattack firefighter from the Prince George Fire Centre comes in for a landing after leaping from a specialized DC-3 aircraft. COURTESY B.C. WILDFIRE MANAGEMENT BRANCH

Think you could do it?

Well, there's a catch: You only have 17 minutes and 15 seconds to do it or, to meet the standard for transfers between provinces, 14 minutes and 30 seconds. Ouch.

Still standing?

We'd like to shake your hand.

MIKE DONACHIE/METRO IN LONDON, ONT.

WHERE THE WILDFIRE FIGHTERS ARE

Wildland firefighters from every province are often dispatched to other provinces, and other countries, that need help. Here's where some crews are based

Specialty crews

Both British Columbia and Alberta have specialty "Rap-attack" or "Helitack" crews, who rope rappel into fires. They can access smaller fires and attack them before they grow and help fight larger fires by removing timber to create a helicopter landing location, according to the B.C. government.

COURTESY B.C. GOVERNMENT

Canadian Interagency Forest Fire Centre

The Winnipeg-based Canadian Interagency Forest Fire Centre co-ordinates the sharing of firefighting services for all of the provinces, territories and the federal fire management agencies, the United States and other countries. ELISHA DACEY/METRO

Quebec

In July, crews from as far as B.C., Nova Scotia and the U.S. came to help fight the fires that raged in the province's north. Quebec also has its own wildland firefighting resources — water bombers for initial attack and secondary attack crews that can be brought in by helicopter.

TWITTER: @NBFORESTFIRES

Ontario fire rangers

Ontario's fire rangers have been fighting fires for almost 130 years. The province deploys 200 four-person fire ranger crews at 38 fire headquarters and attack bases across the province. THE CANADIAN PRESS FILE

Maritimes

Nova Scotia's Wildfire Management Group hires seasonal firefighters who are also part of the Canadian Interagency Forest Fire Centre and go to other jurisdictions to fight fires. In July, crews from Nova Scotia and New Brunswick were sent to Quebec to help. TWITTER: @NBFORESTFIRES

TEXT: JESSICA SMITH/METRO

Deadly blazes

1825: Miramichi Fire

The largest and deadliest fire in Canadian history raged across an estimated three million acres of New Brunswick and Maine. At least 160 people were killed.

1871: The Great Peshtigo Fire

The Great Peshtigo Fire grew out of unattended logging camp fires, eventually destroying 3.8 million acres in Wisconsin and Michigan. At least 1,500 people died.

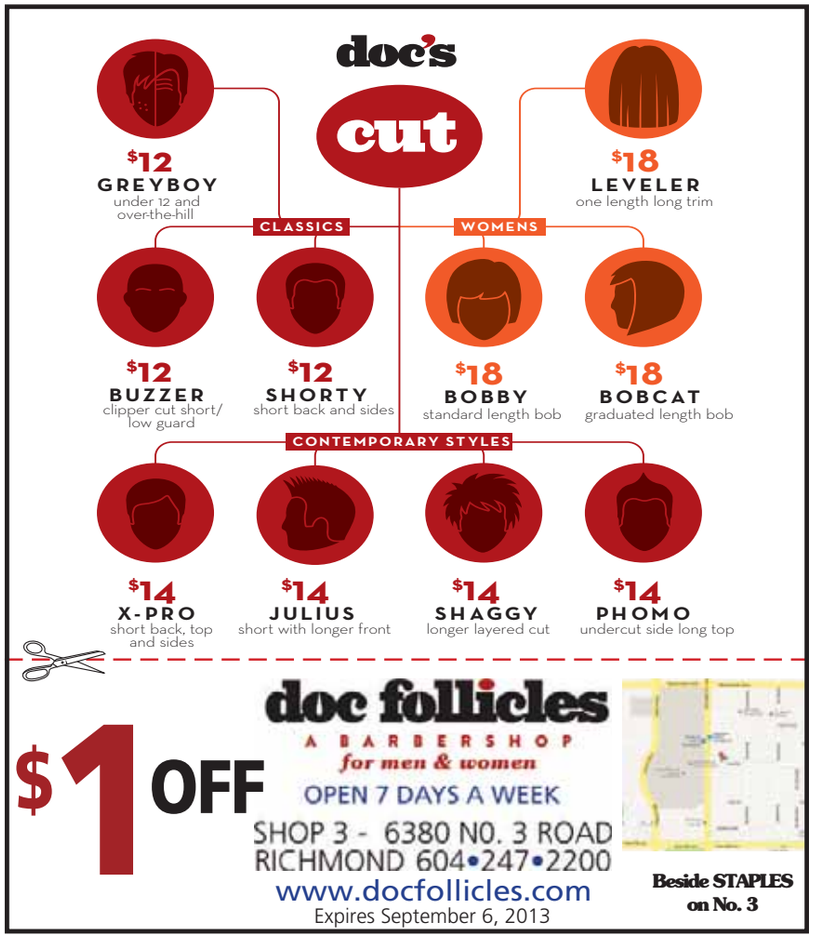
The Great Fire of 1910

The blaze burned across three million acres in Washington, Idaho and Montana. Of the 87 people killed, most were firefighters.

2009: The Black Saturday Fire

From February to March 2009, numerous bush fires killed 173 people as they swept across 1.1 million acres of Australia's Victoria state.

ANDREW FIFIELD/METRO



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Netflix turns viewers into guinea pigs

HIPPOs out, guineas in. Video-streaming service tests its ideas on viewers, whether they realize it or not

At any given time Netflix is conducting hundreds of tests across its website and other platforms. ISTOCK

Want to be a guinea pig for Netflix, get early access to new features, and help shape how the video streaming service grows and evolves?

If you're a relatively new subscriber, you may already be a beta tester. Or perhaps you used to be.

At any given time Netflix is conducting hundreds of tests across its website and other platforms. Some are based on bold new ideas and are immediately obvious to its test subjects, while others are being run invisibly beneath the user interface.

Users who have been with Netflix since the company launched in Canada in September 2010 aren't likely to be in on the testing, but newer members almost certainly are, whether they realize it or not, said Netflix's chief product officer Neil Hunt.

"One of our limited resources is users to try out new ideas, so I would say it's the unusual individual who doesn't end up in some kind of test at some point," said Hunt.

Netflix relies on the statistics generated by user tests to inform its decisions, Hunt said, rather than following the so-called "HIPPO" philosophy.

That acronym stands for "highest paid person's opinion" and refers to an organization's preference to make top-down decisions.

THE CANADIAN PRESS

Facing lawsuits, pressure

Tylenol to carry risk-warning label

Bottles of Tylenol sold in the U.S. will soon bear red warnings alerting users to the potentially fatal risks of taking too much of the popular pain reliever. The unusual step comes amid lawsuits and pressure from the federal government. THE ASSOCIATED PRESS

Fast-food workers protest

Can I get a raise with that?

Fast-food workers and their supporters beat drums, blew whistles and chanted slogans Thursday on picket lines in dozens of U.S. cities, marking the largest protests yet in their quest for higher wages. Workers are calling for the right to unionize without interference from employers and for pay of $15 an hour.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.96¢ US (-0.41¢)

TSX 12,704.73 (+97.51)

OIL $108.80 US (-$1.30)

GOLD $1,412.90 US (-$5.90)

Natural gas: $3.62 (+3.6)
Dow Jones: 14,840.95 (+ 16.44)

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iTunes FESTIVAL

Lady Gaga
September 1

Paramore
September 4

Justin Timberlake
September 29

Katy Perry
September 30

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#iTunesFestival

metro
News worth sharing.

The iTunes Festival

The iTunes Festival is one of the highlights of the concert season -- and Metro can take you there. If going to jolly old London to party as music superstars like Justin Timberlake, Lady Gaga, Katy Perry and Queens of the Stone Age shake the stage is your idea of heaven, Metro can make that dream come true.

Thirty days of wicked fun kickoff on Sept. 1, with more than 60 artists playing live at the renowned Roundhouse in London. The Roundhouse opened in 1846 with very different beginnings -- a steam engine repair centre. Over the years, it took different paths; eventually becoming what is now a legendary performance hall hosting the likes of Pink Floyd, Led Zeppelin and Jimi Hendrix.

Since the iTunes Festival launched in 2007, it has carried on the tradition of stellar performances, bringing in mega stars like Adele, Coldplay and the Foo Fighters. Aside from the artists already mentioned, this year's lineup runs the gamut from Sir Elton John to Kings of Leon, the Lumineers to Chic featuring Nile Rodgers – something for all musical passions.

Experience it Live with the World

Watch performances in real-time with the rest of the world by streaming them in HD quality every day in September at 4 p.m. ET/1 p.m. PT. You can watch on your computer, download the official iTunes Festival app to watch on your iPhone, iPad or iPod touch -- or watch on the big screen through Apple TV. For a limited time after the gig, performances will be available on iTunes on-demand.

Experience the festival with people around the world by following #iTunesFestival on Twitter.

The only way to get access to the event is to win tickets. Metro has them!
Check out the back page for details on how to enter for a chance to win. Throughout the month, Metro will have gig reviews and reminders on performances. Keep reading for the latest news.

The Lineup

Performances air at 4 p.m. ET/1 p.m. PT on iTunes or the official app. Miss the show? No worries, watch it on demand for a limited time after.

SEPT 1 | Lady Gaga

SEPT 2 | Sigur Rós [OPENER: POLIÇA]

SEPT 3 | The Lumineers [OPENER: Phox]

SEPT 4 | Paramore [OPENER: Fenech-Soler]

SEPT 5 | Rizzle Kicks [OPENER: Eliza Doolittle]

SEPT 6 | Queens of the Stone Age [OPENER: Palma Violets]

SEPT 7 | Phoenix [OPENER: Little Green Cars]

SEPT 8 | Bastille [OPENER: The 1975]

SEPT 9 | Arctic Monkeys [OPENER: Drenge]

SEPT 10 | Jake Bugg [OPENER: Valerie June]

SEPT 11 | Kings of Leon [OPENER: Jimmy Eat World]

SEPT 12 | Elton John [OPENER: Tom Odell]

SEPT 13 | Avicii [OPENER: Henrik B]

SEPT 14 | Chic Featuring Nile Rodgers [OPENER: Janelle Monáe]

SEPT 15 | Vampire Weekend [OPENER: The Olms]

SEPT 16 | Jack Johnson [OPENER: Bahamas]

SEPT 17 | Ludovico Einaudi [OPENER: Agnes Obel]

SEPT 18 | Thirty Seconds To Mars [OPENER: The Family Rain]

SEPT 19 | Kendrick Lamar [OPENER: Schoolboy Q]

SEPT 20 | Primal Scream [OPENER: Skinny Girl Diet]

SEPT 21 | HAIM [OPENER: Gabrielle Aplin. Bipolar Sunshine. Dan Croll]

SEPT 22 | Ellie Goulding [OPENER: Laura Welsh]

SEPT 23 | Jessie J [OPENER: Lawson]

SEPT 24 | Robin Thicke [OPENER: Aloe Blacc]

SEPT 25 | Pixies [OPENER: NO CEREMONY///]

SEPT 26 | Tinie Tempah [OPENER: Naughty Boy]

SEPT 27 | Dizzee Rascal

SEPT 28 | John Legend

SEPT 29 | Justin Timberlake [OPENER: Mikky Ekko]

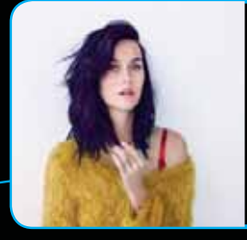
SEPT 30 | Katy Perry [OPENER: Iggy Azalea. Icona Pop]

Mother monster to her brood of evangelical fans, Lady Gaga is one of the most dramatic entertainers to hit the world stage in recent years. Starting with a showcase at New York's The Cutting Room in 2006, Gaga has gone on to be an international sensation thanks to albums like The Fame Monster and Born this Way, and her recently released song Applause.

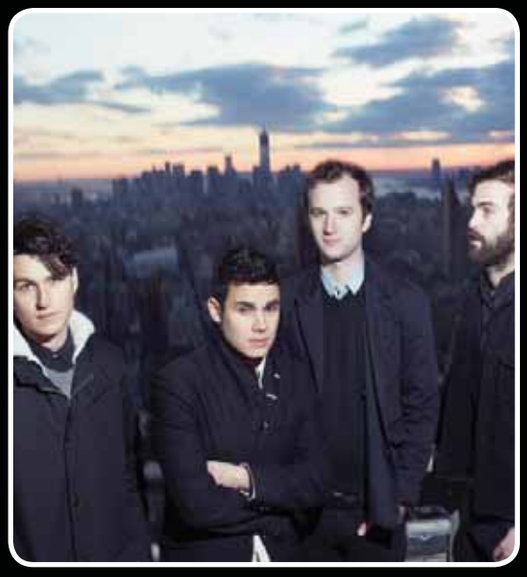
Sealing its longevity with the 2008 hit Use Somebody, King of Leon's has expanded its southern rock sound over the years to become a critical and commercial success. The jewel in Leon's award-winning crown is the collaboration of brothers Nathan, Jared and Caleb Followill with their cousin Matthew. The band's sixth studio album, Mechanical Bull, is slated for release this September.

This sexy R&B crooner known for his controversial "Blurred Lines" is no stranger to the bright lights of Hollywood, having grown up in the spotlight as the son of actor Alan Thicke. Fast forward a few years and the American Music Award nominee is a star in his own right now.

Not even a Suit & Tie can cramp the cred of Justin Timberlake. JT went from clean-cut Disney star to successfully stepping in sync as a boy bander before bringing SexyBack as a solo artist. Add a scene-stealing movie career to the mix and you have the making of a long and lucrative career.



The only artist to spend 69 consecutive weeks in the top ten of Billboards' Hot 100, Katy Perry is a musical force to behold. From the irreverent I Kissed a Girl to the self-empowering Firework, she has earned her placed as one today's most beloved and sought-after performers, with fans eagerly awaiting her new album, Prism.



Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

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CONTRARY TO CONTRACEPTION

THE METRO LIST

Mike Benhaim
metronews.ca

1 **Ain't no party like a Québécois Parti.** PQ Leader Pauline Marois says the "Charter of Quebec Values," will reflect "universal" as well as Quebec values and will unify the people. Banning religious headgear in the workplace is just one small step in a brilliant plan to deflect all existing racial tension toward the greater common threat: non-francophones.

2 **On the prowl.** Victoria police issued an alert to citizens after reports of a large cougar on the loose. Experts warn the animal could be isolated and irritable. Residents say that it's rare to find a cougar in these parts. You usually have to go to one of those bars out in the suburbs.

3 **Surprise!** Health Canada issued a recall this week for Freya-28, an oral contraceptive being used by thousands of Canadian women, when it was discovered that some packages contained placebos in place of the active pills. Now, there's nothing funny about this except that faulty drugs usually result in the loss of life, whereas these side effects could last a whole lot longer.

4 **Designated driver.** Breaking news on self-driving cars reveal that Google is producing a fleet of "robo-taxis." Terrific news for lovers who want some privacy, and for those who are really drunk, the car is equipped with robotics. Upon reaching your destination, the car will slap you awake, eject you from the seat and dispense harsh verbal judgments.

5 **NASA in a nutshell.** Ice in the Arctic continues to melt while seas in the Middle East shrink. Ideas of redistributing water come up but are far too complex, especially with NASA resources being spent on a study that will allow astronauts to hibernate during their nine-month trip to Mars. I am not making any of this up.

6 **Bait.** Conservationist and shark defender Lesley Rochat swam among the big fish wearing just a bikini. Rochat said she wanted to be as vulnerable as possible, and boasts that she has not been bitten yet. Viral photos of the attractive Rochat have led me to my latest theory: Sharks are gay. She better hope I'm right.

7 **Talk to the hand.** Researchers at the University of Washington have successfully connected two human brains over the Internet. One scientist sent a brain signal to a colleague at a separate location, controlling his hand movement. This is a magnificent scientific breakthrough, but I just know it will eventually become some household toy for boys with which to terrorize their younger siblings.

8 **Blurred lines.** In an attempt to shed her Hannah Montana persona, Miley Cyrus reinvented herself for the VMAs last Sunday. Now, call me old-fashioned, but as much as the classic, teenie-bikini/foam-finger combo screams artistic growth, if I were her, I might have just gone with music lessons.

9 **This week in music.** In 1975, KC and the Sunshine Band scored their first U.S. No. 1 hit with a song that introduced the phrase, "Do a little dance, make a little love, get down tonight." Thirty-eight years later, we still get to see grandma act out the lyrics at every wedding and bar mitzvah. Only now, she may actually be dating KC.

Follow The Metro List on Twitter @TheMetroList

ZOOM

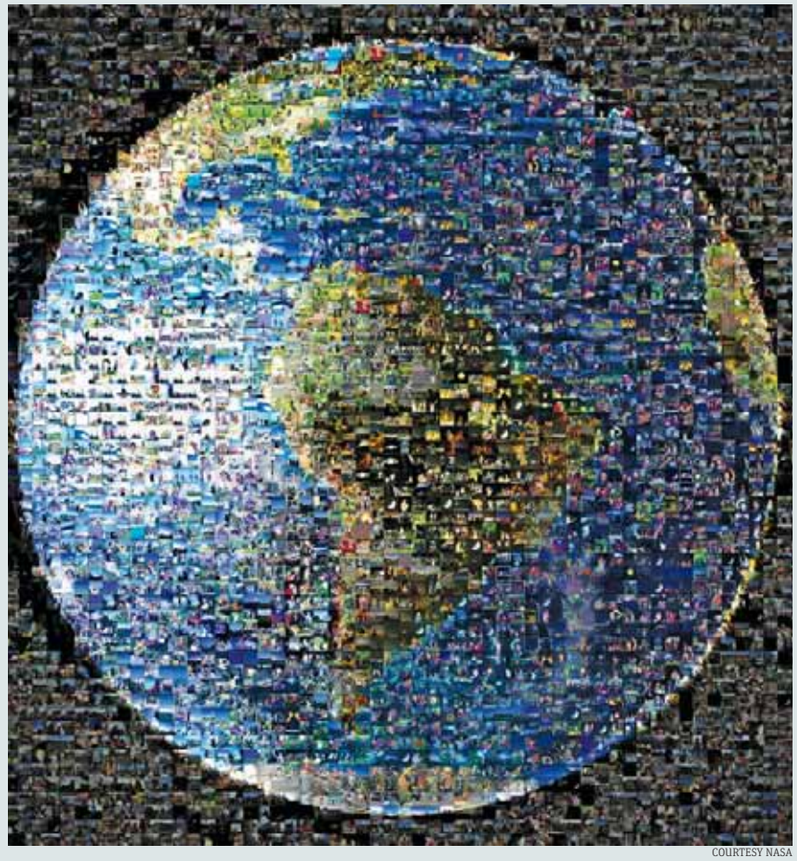
What do you have to send to Saturn?

Smile! A thousand selfies compiled

NASA's Cassini spacecraft has been mapping the Solar System from Saturn, and this was the result when they asked civilians to take part.

Thousands participated in the Wave at Saturn event on July 19, taking selfies of their tributes to the mission. This collage combines the photos they sent as a tribute to the spacecraft's image of Earth. METRO

A closeup of the compilation.



COURTESY NASA

Down to Earth

1,400

The total number of pictures used in the mosaic. NASA reported that contributions arrived from more than 40 countries and 30 U.S. states.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, Twitter can be a fine source of news and highly stylized photos from around the world. But, more important, it's a rich source of jokes from shockingly sharp minds. Here's three frequently strange and dependably funny accounts.

@abusitron: Your No. 1 source for jokes about using deer to engineer a McDonald's burger heist or musically inclined druids using Stonehenge as a stage for cover versions of '90s dance anthems. Bonus points for being a Canadian.

@tastefactory: Come for the AVI that resembles a photo commemorating a kitten's first day at school, stay for the excellent puns on sepia-toned cultural references.

@crushingbort: Aside from being hilarious, RTs from this account are a big reason why my following number is too damn high. Sample tweet: "I wonder how many of the people I follow are accounts that have been taken over by funnier muggers."

Twitter

@metropicks asked: The N.S. premier is latest politician to admit to smoking pot. Do you care if elected officials toke?

@Canucklehead_ca: I'm more suspicious of those who claimed they didn't. Statistics don't lie, politicians do. Oh, and pass the chips dude.

@MiaAdinaVida: Everyone does it- don't get why it's such a big deal!- it's 2013, people shouldn't be surprised anymore!

@Alannafawn84: I rather them smoke weed it will only make them want to eat and not steal and maybe have better ideas.

@sleuth_4_truths: I care that they are honest. Maybe if all NS politicians had a pot party this election stuff (#nspoli) would be more civil.

@veryboeing: When it's illegal yes. When it's legal, no. But they will say anything to get your vote.

@WelderAnge: well I'm thinking drug use may explain something... They don't call it dope cause it makes ya smart.

Follow @metropicks and take part in our daily poll.

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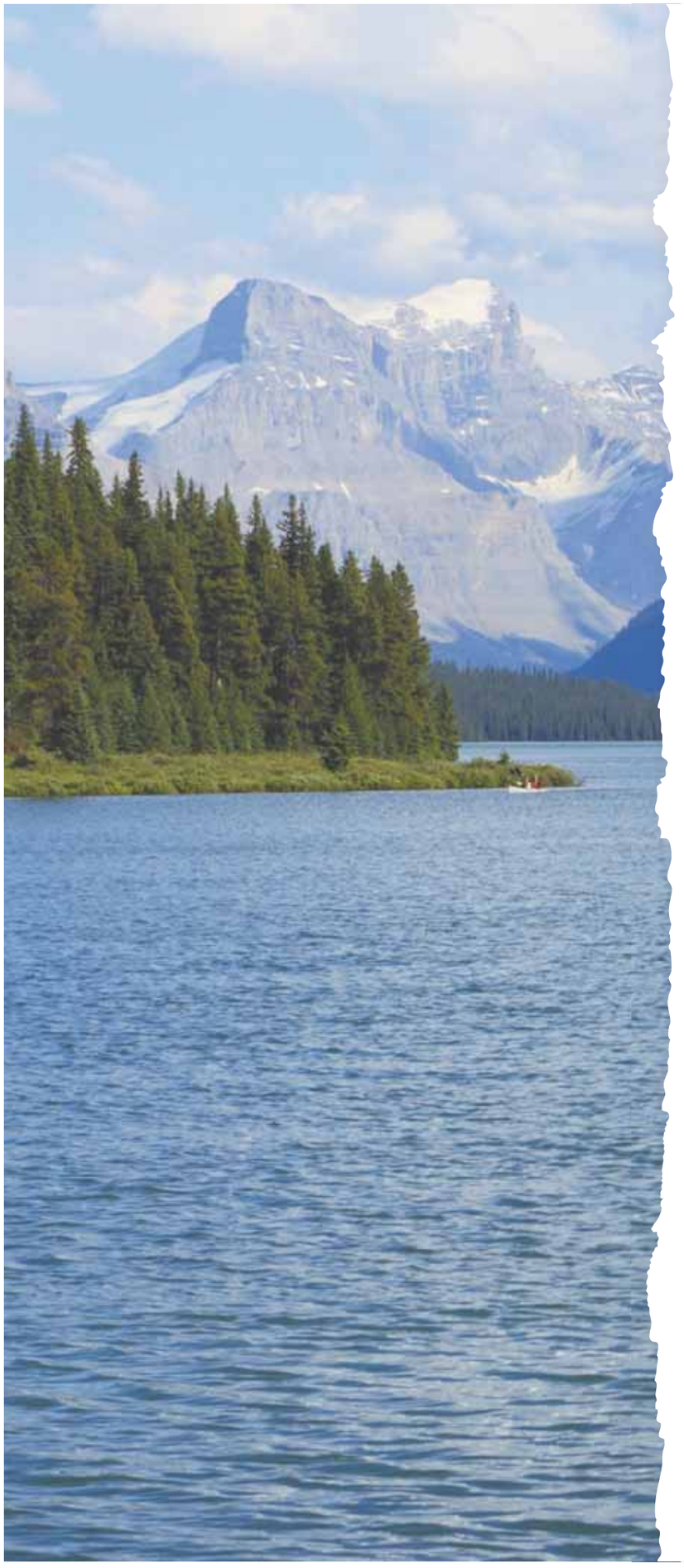

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Like water, Canada's airwaves are a limited, precious national resource. So precious, that the government auctions them off for billions of dollars. Now, the Canadian government's auction rules will allow a giant foreign cellphone corporation to buy 2 of these 4 prime blocks – half the total! The cellphone companies most Canadians use can only buy 1 block, leaving you at a disadvantage.

This rule could put half of this national resource under foreign ownership and control. Canadians should be outraged. In fact, the results are in and 81% of Canadians said no to special treatment for foreign corporations.*

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*Source: Nanos Research Survey, August 2013

Synopsis

Former race-car driver Brent Magna (Ethan Hawke) comes home to find his apartment trashed and his wife gone. As he tries to wrap his head around what happened, a cellphone rings. A mysterious voice directs him to a car park where he is to steal a souped-up Shelby Super Snake car and perform a number of duties or his wife will be killed. Complicating matters is The Kid (Selena Gomez), a rich kid who comes along for the ride.

- Richard: ●○○○○
- Mark: ●●○○○

Ethan Hawke may regret making this movie, but it will be the woeful acting of Selena Gomez that Getaway will be remembered for. CONTRIBUTED

Make quick Getaway from this cinematic car crash

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Abysmal auto movie. In this dire high-speed kidnapping tale Hawke tries his best but he is weighed down by the 'performance' of teen songstress Gomez

Richard: Mark, the movie starts promisingly with a five-minute sequence. It effectively sets up the story in true cinematic fashion — show me, don't tell me — but then quickly becomes what we call in the film criticism business a S.D.M. (Silly Damn Movie). OK, I made that last part up, but I couldn't really think of any other category to place this movie under. Maybe E.S.D.M. (Extremely Silly Damn Movie). What do you think? Is it just a mindless popcorn movie or is it just mindless?

Mark: Richard, did you miss the trenchant political allegory about late-period capitalism? Well, me too. But if it's car crashes you're after, look no further. I liked the set-up of this movie, enough so that I was interested in it to the halfway mark. And then, there were... more car crashes. And because the movie takes place in Bulgaria, the cars that were crashed were kind of small and cheap. To get me excited about car crashes, I need to see some totalled Beemers and Mercs in flames. Quantity is not quality. Anyway, the real car crash here is the unbelievable relationship between Ethan Hawke and Selena Gomez.

RC: Hawke does the job, I doubt he'll ever think about this movie again once the cheque clears. But Gomez? Let's just say it's quite possible she is even more annoying as an actress than she is as a singer. Her "performance" consists of pouting, grimacing and saying things like, "I'm totally screwed." If you want to know what she's like without paying to see the movie, go to any mall on a Saturday and eavesdrop at any American Apparel store.

MB: Hawke is my favourite actor of the '90s generation. But doesn't Ryan Gosling have some kind of a deal to play every race-car driver with an existential dilemma? And there are almost no other actors in the film — just some shots of chins on cellphones. So Gomez is onscreen almost all the time, crowding the action with her annoying baby fat. By the way, whoever heard of a Bulgarian merchant bank?

RC: Bulgarians, that's who. If the movie had lived up to the promise of the scene, it might have been a fun ride, but it runs out of gas after the first five minutes.

MB: And yet, I found it had some kind of cheap kinetic energy that I couldn't completely write off. Or maybe I could, if I used a Bulgarian accountant.

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Move over Bieber, it's One Direction time

Documentary. Director Morgan Spurlock tackles some lighter fare with this film, which will include tons of concert footage

MEREDITH ENGEL
Metro World News

The documentary One Direction: This Is Us gives screaming fans a new platform to scream at. GETTY IMAGES

'N Sync's not the only boy band making news this week. One Direction is releasing their concert doc, One Direction: This Is Us, on Friday.

In just three short years, Harry Styles, Liam Payne, Niall Horan, Louis Tomlinson and Zayn Malik have taken over the world.

One Direction: This Is Us gives fans inside access to the young men, touching upon everything from their goofy personalities to their fears about a life in showbiz. Based on a press conference we attended with the lads on Saturday, here's a primer on what to expect from the film.

Their X Factor auditions

It's hard to believe that just three years ago, One Direction didn't even exist. Director Morgan Spurlock (yes, that Morgan Spurlock) brings you back to 2010, when the much younger looking guys first stepped up to the plate to audition for Simon Cowell on The X Factor. After each boy was cut as a solo act from the show, Cowell decided to put them together and have them continue the competition as a group. They didn't take home the crown that season, but they did promise fans that their elimination wouldn't be the end of One Direction — and they were right.

Hardcore fans

One D fans — or Directioners, as they call themselves — are everywhere in the film, and that was intentional, Payne says.

"The film is definitely about getting across the story of the fans and the way that the fans definitely made this band," he said.

Watch as herds of young girls scream and cry around the world for a glimpse at Harry, Liam, Niall, Louis and Zayne.

Tons of concert footage

Whether or not you're into the group, you'll be treated to a concert of theirs when you take in the 3D film. Hardcore fans can sing along to Little Things, Change My Mind and other album tracks, whereas even the most casual fan can hum along to What Makes You Beautiful.

Not in the film

What you won't see.

- **Their love lives.** Spurlock says that in order to keep the film's focus on the boys and their career, personal relationships were left out of the movie. "When we have our free time, like when we had a week at home or whatever, the cameras weren't with us there," Tomlinson says.

A look at their home lives

It's certainly been a whirlwind of a ride for these five boys, but what's the effect been like on their families?

You'll find out in the movie, thanks to interviews with the guys' parents. In one touching scene, Malik is on the phone with his mom as she tours the house her son has bought her.

Both sides of their conversation — Malik on the phone in an empty room, and his mom talking to her from the new house — are juxtaposed, giving the audience real-time footage of that special moment in their lives.

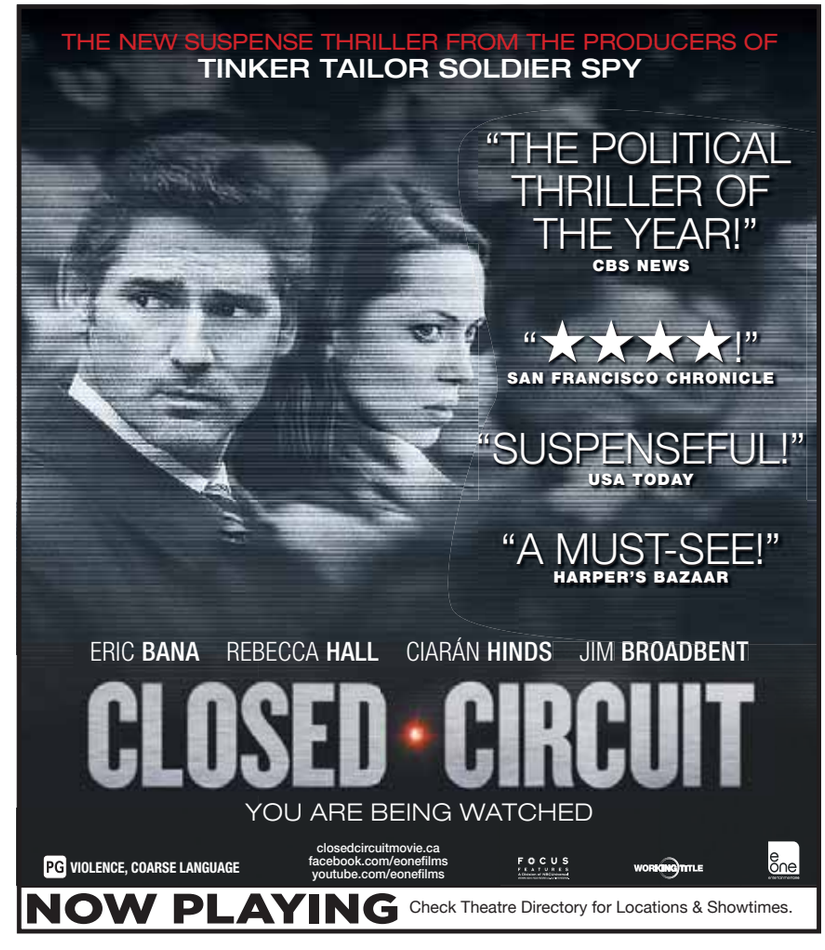
"It was amazing, obviously, to see that, and it's amazing that we have that on footage," Malik says. "I'll have that piece of footage on tape and that's something I'll keep quite close."

The recording process

In one scene, Malik has just dozed off to sleep on the bus when he's awoken by his music writing partner to record a bridge for a new song in the wee hours of the morning.

The film took place while the guys recorded their third album, and Payne says it came with its challenges.

"I don't think the songwriting was the hardest," he says. "I think in terms of the way that we recorded it being on the road, and it being quite a rush — that was the hard part."



iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
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Bye, bye summer blockbusters

Vin Diesel is back in another Riddick movie this fall. CONTRIBUTED

Fall preview. It's back to school time, the weather is getting cooler and the leaves are turning — what better time to hide out in a movie theatre?

MATT PRIGGE
Metro World News in New York

Riddick (Sept. 6)

What: Vin Diesel wasn't yet a star like he is now when 2000's lean Pitch Black came out, and was stuck in a valley during the bloated 2004 spin-off The Chronicles of Riddick. Now that he's back — or at least back in a franchise he once tried to abandon — all's good, presumably.

Why: Series director David Twohy has long been making genre films, and as of The Perfect Getaway has finally gotten good at them. That this runs less than two hours is good.

Why not: Sorry, but Pitch Black is just so-so. And headline writers have at least three ways to make puns out of the name (Worthy of 'Riddick'-ule — you can have that one).

Will get an Oscar for: Best animation of the clearly tired and aging Vin Diesel

The Family (Sept. 13)

What: Eurotrash auteur Luc Besson (The Fifth Element, Taken) sucks up Robert De Niro, Michelle Pfeiffer and Tommy Lee Jones (plus executive producer Martin Scorsese) into his orbit. The first two play parents in a family hiding from a mob boss they snitched on.

Why: Besson is probably the last person with big money making genuinely insane blockbusters.

Why not: Besson's movies are stupid. Sometimes this isn't a good thing.

Will get an Oscar for: Best Robert De Niro performance of fall 2013. (He's also in Last Vegas, American Hustle and Grudge Match.)

Insidious 2 (Sept. 13)

What: The second horror film from Saw's James Wan starring Patrick Wilson in two months — after The Conjuring — is a sequel to another Wan-Wilson hit from 2009, one concerning an evil spirit that is (get this) insidious.

Why: Wan — soon of Fast & Furious 7, or however it will be titled — is getting better and better at old school frights.

Why not: There are no such things as ghosts and movies like this keep people thinking there are.

Will get an Oscar for: Best James Wan film of the quarter.

Prisoners (Sept. 20)

What: Hugh Jackman plays a small town carpenter who kidnaps the creepy man (Paul Dano) he thinks kidnapped his six-year-old daughter and her best friend.

Why: Jackman is a talented actor who excels at playing tortured brooders. There's also Viola Davis, Maria Bello, Terrence Howard and Melissa Leo.

Why not: With his Oscar-nominated Incendies, Canadian director Denis Villeneuve sucked much of the idiosyncrasy out of Wajdi Mouawad's play Scorched. This seems to be a heavy, humourless, obvious portrait of obsession.

Will get an Oscar for: Least joyful film of 2013.

What to watch in October:

- **Gravity (Oct 4).** Alfonso Cuaron finally follows up 2006's Children of Men with this 3D extravaganza about the plight of two astronauts (George Clooney and Sandra Bullock) dancing around outside Earth's orbit — and literally no one else.
- **Runner Runner (Oct 4).** Justin Timberlake plays a student who loses all his money on online poker and decides to double down on stupidity by confronting the guy who runs it (Ben Affleck).
- **Captain Phillips (Oct 11).** Earlier this year, adventurous audiences got the Danish A Hijacking, concerning a ship overtaken by Somali pirates. Here's the big budgeted American edition (albeit not a remake), starring Tom Hanks as real-life abductee Richard Phillips.
- **Machete Kills (Oct 11).** The first Machete — with Danny Trejo as an ex-Federali vigilante slicing up racists — wasn't such a hit. But after Kick-Ass, why let limp box offices halt a sequel, particularly one with Lady Gaga and off-screen racist Mel Gibson?

Documentary

One Direction: This Is Us

Director. Morgan Spurlock

Stars. One Direction

One Direction fans will flock to this film no matter what, but for the dozen others considering watching it: don't! Yes, the cheeky Brits offer a few laughs backstage and the (very) brief interviews with their families are heartwarming, but the bulk of this doc is One Direction on stage and, frankly, they put on a boring show. The lads tell us they're not your typical boy band (they don't dance, you see), but without the choreographed routines you're left just listening to the music — and, if you're not already a fan, their concert won't persuade you. **REGAN REID**

Action/Biography

The Grandmaster

Director. Wong Kar-Wai

Stars. Tony Leung, Zhang Ziyi

The life of the legendary Chinese martial-arts master Ip Man gets an appropriately mythical treatment in The Grandmaster, the comeback film from Hong Kong auteur Wong Kar-Wai. Working in the same fluid, lyrical style as his early masterpieces, Wong bends the conventions of the martial-arts genre to create an unusual sort of historical epic — one in which a country's long-standing social and cultural divisions become physicalized via depictions of hand-to-hand combat. The film seems to have been chopped up in the editing room, but it still has grandeur. **ADAM NAYMAN**

Ender's Game. Movie embraces moral greys

These days, movies for teens tend to revel in dichotomies — the black-and-white simplicity of good versus evil.

With Ender's Game, the hotly anticipated adaptation of the seminal sci-fi novel, director Gavin Hood is excited by the opportunity to explore the moral greys.

"Some films masquerade as dealing with moral complexity, but in fact, for me, cop out a little by never putting the protagonist in a truly morally complex situation," Hood said in a recent interview at the pop culture fest known as Fan Expo Canada.

"There are films we can think of where, yes, the protagonist kills people, but actually all the people they kill are bad or awful in some way, (without) that moment of really having to face up to the grey zone — that place where you ask, 'Am I capable of doing something morally repugnant because I believe it's for a greater good?'

"I think that young people are far smarter than we give them credit for. they're capable of really intense conversation. ... At the heart of it, (Ender's Game) is a powerful character-driven story about a complicated character who's not necessarily likable all the time, and that's a tricky thing for a mainstream movie."

Ender's Game tells the story of a boy named Ender Wiggin, who shows prodigious military gifts and is thrust into an intense training program to command fleets and combat a potential alien threat against a diminished, futuristic Earth. After years of scrapped screenplays, the film version finally got underway in 2009 but only landed a distribution deal in 2011.

"As much as people were drawn to the complex themes, they also feared them," Hood says. "It's an interesting challenge bringing the book to the screen."

The film is set to open in Canadian theatres Nov. 1. **THE CANADIAN PRESS**

Comic crisis

Matt Damon weighs in on Ben-as-Batman blowout

"I know there are a lot of people grousing on the Internet. I just think it's kind of funny. You know, he's not playing King Lear. It's Batman!

"(That's) certainly within his skill set. If anybody saw Argo or The Town, and all the work he's been doing lately, it's way more nuanced and interesting and way more difficult than Batman! Batman just sits there with his cowl over his head and whispers in a kinda gruff voice at people."

MATT DAMON SPEAKING TO THE TIMES OF INDIA ABOUT HIS BUDDY, BEN AFFLECK, BEING CAST AS BATMAN

METRO

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 30 TO THURS., SEPT. 5 TIMES ARE SUBJECT TO CHANGE.

Dunbar Theatre
4555 Dunbar Street

Elysium (14A) Fri-Thu 7-9:25
Monsters University (G) Mon-Thu 2
Monsters University 3D (G) Fri-Sun 2
The Smurfs 2 (G) Mon-Thu 4:15
The Smurfs 2 3D (G) Fri-Sun 4:15

Fifth Avenue Cinemas
2110 Burrard Street

20 Feet From Stardom (PG) Fri-Thu 2-7:10
The Attack (PG) Fri-Thu 4:25-9:30
Closed Circuit (PG) Fri-Thu 1:30-4:10-7-9:20
In a World... (PG) Fri-Thu 1:45-4:40-7:25-9:45
Lee Daniels' The Butler (PG) Fri-Thu 12:45-3:40-6:40-9:40
The Spectacular Now (14A) Fri-Thu 1:10-4-6:50-9:10

Pacific Cinémathèque
1131 Howe Street

Sorry, Wrong Number (STC) Fri 8:25
Sweet Smell of Success (STC) Fri 6:30
Vancouver Latin American Film Festival (STC) Sat-Thu

Park Theatre
3440 Cambie Street

Blue Jasmine (PG) Fri 4:30-6:50-9:05 Sat-Sun 2:15-4:30-6:50-9:05 Mon 2:15-4:30-6:50-9 Tue-Thu 4:35-6:50-9

Rio on Broadway
1660 E. Broadway

Beer Hunter (STC) Wed 8
Bill & Ted's Excellent Adventure (STC) Fri 11
Blackfish (PG) Fri 7
Elysium (14A) Sun-Tue 7-9:30 Thu 7-9:30
Sharknado (STC) Fri 9 Sat 6:30

Scotiabank Theatre
Vancouver 900 Burrard St.

Elysium (14A) Fri-Sun 4:40-7:30 Mon-Wed 4:15-7 Thu 4:15-7-9:40 Fri-Sun 12:05-2:50-5:35-8:15-10:50 Mon-Wed 2-4:45-7:30-10:10 Thu 1:35-4:10-6:55
The Grandmaster (PG) Fri-Thu 1:40-4:25-7:20-10:05
Kick-Ass 2 (14A) Fri-Sun 12:10-2:40-5:10-7:50-10:30 Mon-Thu 2:10-4:40-7:25-10:05
The Mortal Instruments: City of Bones (PG) Fri-Sat 1:45-4:45-7:45-10:45 Sun 12:30-4:45-7:45-10:45 Mon-Thu 1:25-4:35-7:35-10:30
National Theatre Live: The Audience Encore (STC) Sun 12:30
Pacific Rim (PG) Fri-Sun 3:50 Mon-Thu 4:05
Pacific Rim 3D (PG) Fri-Sat 12:50-6:50-10 Sun 6:50-10 Mon-Tue 1:15-7:10-10:15 Wed-Thu 1:15-10:15
Riddick (18A) Thu 9:40
This Is the End (18A) Fri-Sun 2:10-10:15 Mon-Wed 1:40-9:45 Thu 1:40
We're the Millers (14A) Fri-Sat 2:05-4:50-7:40-10:35 Sun 2:20-4:50-7:40-10:35 Mon-Thu 1:45-4:20-7:05-9:55
The Wolverine (14A) Fri-Sun 1 Mon-Thu 1:30
The Wolverine 3D (14A) Fri-Sun 4:10-7:15-10:20 Mon-Thu 4:25-7:20-10:20
The World's End (14A) Fri-Sun 12-2:35-5:15-8-10:40 Mon-Wed 1:50-4:30-7:15-10 Thu 1:20-4-7:15-10

Esplanade 6
200 West Esplanade

Elysium (14A) Digital Presentation Fri 3:40-6:40-9:30 Digital Presentation Sat-Mon 12:40-3:40-6:40-9:30 Digital Presentation Tue-Thu 6:40-9:30
The Grandmaster (PG) Digital Presentation, Sub-Titled Fri 3:35-6:35-9:20 Digital Presentation, Sub-Titled Sat-Mon 12:35-3:35-6:35-9:20 Digital Presentation, Sub-Titled Tue-Thu 6:35-9:20
Lee Daniels' The Butler (PG) Digital Presentation Fri 3:30-6:30-9:25 Digital Presentation Sat-Mon 12:30-3:30-6:30-9:25 Digital Presentation Tue-Thu 6:30-9:25
Planes (G) Digital Presentation Fri 3:55-9:15 Digital Presentation Sat-Mon 1-3:55-9:15 Digital Presentation Tue-Wed 9:15
Planes 3D (G) Digital Presentation Fri-Wed 6:25
Riddick (18A) Digital Presentation, Thu 8
We're the Millers (14A) Digital Presentation Fri 3:45-6:45-9:35 Digital Presentation Sat-Mon 12:45-3:45-6:45-9:35 Digital Presentation Tue-Thu 6:45-9:35
The World's End (14A) Digital Presentation Fri 3:50-6:50-9:40 Digital Presentation Sat-Mon 12:50-3:50-6:50-9:40 Digital Presentation Tue-Thu 6:50-9:40

Park & Tilford
333 Brooksbank Ave.

Blue Jasmine (PG) Fri-Mon 1:30-4:20-6:45-9:20 Tue-Thu 7-9:20
Closed Circuit (PG) Fri-Mon 2:20-5:05-7:30-9:55 Tue-Thu 7:30-9:45
Despicable Me 2 3D (G) Fri-Sat 2 Mon 2
Getaway (PG) Fri-Sat 3:05-5:25-7:45-10:05 Sun 2-5:25-7:45-10:05 Mon 3:05-5:25-7:45-10:05 Tue-Thu 7:40-9:55
Star & Strollers Screening Thu 1
The Mortal Instruments: City of Bones (PG) Fri-Mon 1:10-4:10-7:10-10:10 Tue-Thu 7:10-10 Star & Strollers Screening Thu 1
National Theatre Live: The Audience Encore (STC) Sun 12:30
One Direction: This Is Us (G) Fri-Mon 2:35
One Direction: This Is Us 3D (G) Fri-Mon 4:55-7:15-9:35 Tue-Thu 7:15-9:35
Percy Jackson: Sea of Monsters 3D (PG) Fri-Mon 4:40-7:20-9:50 Tue-Thu 7:20-9:50

SilverCity Riverport
14211 Entertainment Way

2 Guns (14A) Fri-Thu 9:45
Blue Jasmine (PG) Fri-Sun 12:20-2:50-5:15-7:55-10:25 Mon-Thu 2:50-5:15-7:55-10:25
Closed Circuit (PG) Fri-Sun 12:45-3:10-5:35-8-10:25 Mon-Thu 2:35-5-7:25-9:50
Despicable Me 2 (G) Fri-Sun 12:10 Tue-Thu 2:40
Despicable Me 2 3D (G) Fri-Mon 2:40-5:10-7:40 Tue-Thu 5:10-7:40
Elysium (14A) Fri-Sun 12-2:40-5:20-8-10:45 Mon-Thu 1:45-4:25-7:05-9:45
Getaway (PG) Fri 1:15-3:35-5:55-8:15-10:35 Sat 11:05-1:15-3:35-5:55-8:15-10:35 Sun-Thu 1:15-3:35-5:55-8:15-10:35
The Grandmaster (PG) Fri-Sun 12:15-2:45-5:20-8:05-10:40 Mon-Thu 1:55-4:35-7:15-9:55
Jobs (PG) Fri-Thu 10:10
Kick-Ass 2 (14A) Fri-Sun 12-2:30-5:05-7:35-10:10 Mon-Thu 2:30-5:05-7:35-10:10
Lee Daniels' The Butler (PG) Fri-Wed 1:15-4:15-7:15-10:15 Thu 1-4:15-7:15-10:15
Monsters University 3D (G) Fri 1:35 Sat 11-1:35 Sun-Thu 1:35
The Mortal Instruments: City of Bones (PG) Fri-Thu 1:30-4:30-7:30-10:30 Fri-Wed 1-4-7-10 Thu 1-3:55-6:50
One Direction: This Is Us (G) Fri-Sun 12:40 Mon-Thu 1:05
One Direction: This Is Us 3D (G) Fri-Sun 3:05-5:25-7:45-10:05 Mon-Thu 3:30-5:50-8:10-10:30
Pacific Rim (PG) Fri-Thu 3:55-7-10:05
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55 Mon-Thu 2:30
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:10-7:45-10:20 Mon 5:10-7:45-10:20 Tue-Thu 5:10-7:50-10:20
Planes (G) Fri-Sun 12:15-2:35 Mon-Wed 1-3:20 Thu 1:05-3:20
Planes 3D (G) Fri-Sun 5-7:20-9:40 Mon-Thu 5:45-8:05-10:25
Riddick: The IMAX Experience (18A) Thu 9:45
Rudy (STC) Sat 11
The Smurfs 2 (G) Fri-Thu 2:05-4:35
The Smurfs 2 3D (G) Fri-Thu 7:05
Turbo (G) Fri 1:25 Sat 11:05-1:25 Sun-Thu 1:25
We're the Millers (14A) Fri 2:10-4:50-7:40-10:30 Sat 11:30-2:10-4:50-7:40-10:30 Sun 2:10-4:50-7:40-10:30 Mon-Thu 1:25-4:05-6:55-9:45
The Wolverine 3D (14A) Fri-Thu 4:10-7:05-10
The World's End (14A) Fri-Sun 12:05-2:45-5:25-8:05-10:45 Mon-Wed 2:25-5:05-7:45-10:25 Thu 1-5:05-7:45-10:25
You're Next (18A) Fri-Sun 12:55-3:20-5:45-8:10-10:35 Mon-Thu 2:55-5:20-7:50-10:20

Dolphin Cinemas
4555 E. Hastings St.

Despicable Me 2 (G) Fri-Tue 12:30-2:35-4:45-6:50 Wed-Thu 4:45-6:50
Kick-Ass 2 (14A) Fri-Thu 8:50
Planes (G) Fri-Tue 12:40-2:40-4:40-6:50 Wed-Thu 4:40-6:50
World War Z (14A) Fri-Thu 8:55

SilverCity Metropolis
4700 Kingsway Ave.

Despicable Me 2 (G) Fri-Sat 12:15 Sun 12:20 Mon 2:15 Tue 12:15 Wed-Thu 2:15
Despicable Me 2 3D (G) Fri-Sun 2:45-5:10-7:35 Mon 4:45-7:10 Tue 2:45-5:10-7:35 Wed-Thu 4:45-7:10
Elysium (14A) Fri-Sun 12:05-2:40-5:20-7:55-10:40 Mon 1:55-4:35-7:20-9:55 Tue 12:05-2:40-5:20-7:55-10:40 Wed-Thu 1:55-4:35-7:20-9:55
Getaway (PG) Fri 1:05-3:25-5:45-8:05-10:20 Sat 11:05-1:15-3:25-5:45-8:05-10:20 Sun 1:05-3:25-5:45-8:05-10:20 Mon 1:30-3:40-5:50-8-10:15 Tue 1:05-3:25-5:45-8:05-10:20 Wed-Thu 1:30-3:40-5:50-8-10:15
Kick-Ass 2 (14A) Fri 12:20-2:55-5:30-8-10:25 Sat 2:55-5:30-8-10:25 Sun 12:20-2:55-5:30-8-10:25 Mon 2:40-5:15-7:45-10:15 Tue 12:20-2:55-5:30-8-10:25 Wed-Thu 2:40-5:15-7:45-10:15
The Mortal Instruments: City of Bones (PG) Fri-Sun 1:30-4:30-7:30-10:30 Mon 1:40-4:30-7:20-10:10 Tue 1:30-4:30-7:30-10:30 Wed-Thu 1:40-4:30-7:20-10:10
One Direction: This Is Us (G) Fri-Sun 12:40 Tue 12:40
One Direction: This Is Us 3D (G) Fri-Sun 3:05-5:25-7:45-10:05 Mon 2:50-5:10-7:30-9:50 Tue 3:05-5:25-7:45-10:05 Wed-Thu 2:50-5:10-7:30-9:50
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12 Mon 1:35 Tue 12 Wed-Thu 1:35
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:15-7:50-10:15 Mon 4:20-7-9:35 Tue 2:35-5:15-7:50-10:15 Wed 4:20-7-9:35 Thu 4:20-7
Planes (G) Fri-Sun 12:10-2:25 Mon 2 Tue 12:10-2:25 Wed-Thu 2
Riddick (18A) Thu 9:30
Rudy (STC) Sat 11
We're the Millers (14A) Fri 1:50-4:30-7:20-10 Sat 11:15-1:50-4:35-7:20-10 Sun 1:50-4:30-7:20-10 Mon 1:45-4:25-7:05-9:45 Tue 1:50-4:30-7:20-10 Wed-Thu 1:45-4:25-7:05-9:45
The Wolverine (14A) Fri-Sun 4:40 Mon 4:20 Tue 4:40 Wed-Thu 4:20
The Wolverine 3D (14A) Fri-Sun 7:40-10:35 Mon 7:15-10:05 Tue 7:40-10:35 Wed-Thu 7:15-10:05
The World's End (14A) Fri-Sun 12:25-3-5:35-8:10-10:45 Mon 2:15-4:50-7:25-10 Tue 12:25-3-5:35-8:10-10:45 Wed-Thu 2:15-4:50-7:25-10
You're Next (18A) Fri-Sun 10:10 Mon 9:40 Tue 10:10 Wed-Thu 9:40

SilverCity Coquitlam
170 Schoolhouse Street

Blue Jasmine (PG) Fri-Thu 2-4:30-7:10-9:40
Closed Circuit (PG) Fri-Sun 12:45-3:10-5:35-8-10:45 Mon 2:50-5:35-8-10:45 Tue 12:45-3:10-5:35-8-10:45 Wed-Thu 2:50-5:35-8-10:45
Despicable Me 2 (G) Fri 12 Sat 11:05-12 Sun 12 Mon 2:20 Tue 12 Wed-Thu 2:20
Despicable Me 2 3D (G) Fri-Sun 2:20-4:50-7:25 Mon 4:50-7:25 Tue 2:20-4:50-7:25 Wed-Thu 4:50-7:25
Elysium (14A) Fri-Thu 2:30-5:10-7:50-10:30 Fri-Sun 1:10-4:20-7:10-10:10 Mon 4:20-7:10-10:10 Tue 1:10-4:20-7:10-10:10 Wed-Thu 4:20-7:10-10:10
Getaway (PG) Fri-Thu 1:15-3:25-5:55-8:15-10:35
The Grandmaster (PG) Fri-Thu 1:45-4:25-7:05-10:10
Kick-Ass 2 (14A) Fri-Thu 10
Lee Daniels' The Butler (PG) Fri 1:15-4:15-7:15-10:15 Sat 11:15-1:15-4:15-7:15-10:15 Sun-Tue 1:15-4:15-7:15-10:15 Wed 4:15-7:15-10:15 Thu 1:15-4:15-7:15-10:15 Fri-Sun 12:15-3:15-6:20-9:25 Mon 3:15-6:20-9:25 Tue 12:15-3:15-6:20-9:25 Wed-Thu 3:15-6:20-9:25 Star & Strollers Screening Wed 1
The Mortal Instruments: City of Bones (PG) Fri-Sun 12:45-3:40-6:45-9:50 Mon 3:40-6:45-9:50 Tue 12:45-3:40-6:45-9:50 Wed 3:40-6:45-9:50 Thu 10:25 Fri-Wed 1:20-4:20-7:25-10:25 Thu 3:40-6:45 Thu 1:25-4:20-7:25
One Direction: This Is Us (G) Fri 12:40 Sat 11:30-12:40 Sun 12:40 Mon 1 Tue 12:40 Wed-Thu 1
One Direction: This Is Us 3D (G) Fri-Thu 3:05-5:25-7:45-10:05
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55 Mon 2:35 Tue 11:55 Wed-Thu 2:35
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:05-7:40-10:20 Mon 5:05-7:40-10:20 Tue 2:35-5:05-7:40-10:20 Wed-Thu 5:05-7:40-10:20
Planes (G) Fri-Sun 12:05-2:25 Mon 2:25 Tue 12:05-2:25 Wed-Thu 2:25
Planes 3D (G) Fri-Thu 4:55-7:20
Riddick (18A) Thu 9:50 Thu 10:30
Rudy (STC) Sat 11
The Terror Live (14A) Fri-Sat 12:05-2:45-5-7:30-9:45 Sun 12:20-2:45-5-7:30-9:45 Mon 2:45-5-7:30-9:45 Tue 12:05-2:45-5-7:30-9:45 Wed-Thu 2:45-5-7:30-9:45
We're the Millers (14A) Fri-Thu 2:10-4:45-7:35-10:25 Fri-Sun 2:10-5:10-8-10:45 Mon 5:10-8-10:45 Tue 2:10-5:10-8-10:45 Wed-Thu 5:10-8-10:45
The Wolverine (14A) Fri-Wed 1:20-4:20-7:35-10:30 Thu 1:20-4:20-7:35
The World's End (14A) Fri-Sun 12-2:40-5:20-7:55-10:40 Mon 2:40-5:20-7:55-10:40 Tue 12-2:40-5:20-7:55-10:40 Wed 5:20-7:55-10:40 Thu 2:40-5:20-7:55-10:40 Fri-Sun 1:45-4:45-7:40-10:30 Mon 4:45-7:40-10:30 Tue 1:45-4:45-7:40-10:30 Wed-Thu 4:45-7:40-10:30 Star & Strollers Screening Wed 1
You're Next (18A) Fri-Thu 9:35

Clova

5732-176th St. Surrey

Monsters University (G) Fri-Mon 1:30-8:55 Tue-Thu 8:55
Turbo (G) Fri-Mon 3:35-7 Tue-Thu 7

Hollywood 3 Cinema
7125-138th Street, Surrey,

The Croods (G) Fri-Thu 12
E2 Guns (14A) Fri-Thu 9:15
Despicable Me 2 3D (G) Fri-Mon 12:30-2:35-6:50 Tue-Thu 6:50
The Lone Ranger (PG) Fri-Thu 8:30
Monsters University (G) Fri-Mon 12:15-4:35-6:50 Tue-Thu 6:50
The Smurfs 2 (G) Fri-Mon 2:30
The Smurfs 2 3D (G) Fri-Thu 4:40
Turbo (G) Fri-Mon 12:30-2:30-4:30-6:30 Tue-Thu 4:30-6:30

World War Z 3D (14A) Fri-Thu 8:55

Strawberry Hill Grande
12161-72nd Ave, Surrey

Chennai Express (PG) Fri-Sun 12:25-3:30-6:40-9:45 Mon 3:30-6:40-9:45 Tue 3:30-6:40-9:50 Wed-Thu 3:30-6:40-9:45
Elysium (14A) Fri-Sun 12:05-2:40-5:15-8-10:35 Mon-Thu 2:25-5:05-7:50-10:30
Getaway (PG) Fri-Thu 1:15-3:35-5:55-8:10-10:25
Jatt Airways (PG) Fri-Sun 12:45-4-7:05-10:10 Mon-Thu 1-4:05-7:05-10:10
Jatt Boys Putt Jattan De (PG) Fri-Sun 12:35-3:50-6:55-9:50 Mon-Thu 2:15-5:45-9
Lee Daniels' The Butler (PG) Fri-Thu 1:10-4:15-7:15-10:15
Madras Cafe (14A) Fri-Sun 3-6:45-9:55 Mon-Thu 3:20-6:45-9:55
The Mortal Instruments: City of Bones (PG) Fri-Tue 1:45-4:45-7:40-10:30 Wed 4:45-7:40-10:30 Thu 1:45-4:45-7:40-10:30 Star & Strollers Screening Wed 1
One Direction: This Is Us (G) Fri 12:40 Sat 11-12:40 Sun 12:40 Mon 1 Tue 12:45 Wed-Thu 1
One Direction: This Is Us 3D (G) Fri-Sun 3:05-5:25-7:45-10:05 Mon-Thu 3:10-5:25-7:45-10:05
Planes (G) Fri 12:10 Sat 11-12:10 Sun 12:10 Mon-Thu 1
Riddick (18A) Thu 10:10
Rudy (STC) Sat 11
Satyagraha (PG) Fri-Sun 12:30-3:40-6:50-10 Mon-Thu 2-6-9:35
We're the Millers (14A) Fri-Sun 2:10-4:50-7:35-10:20 Mon-Wed 2:10-4:50-7:35-10:10 Thu 2:10-4:50-7:35
The World's End (14A) Fri-Sun 12-2:35-5:20-7:55-10:35 Mon 2:15-5:20-7:50-10:20 Tue 2:15-5:20-7:50-10:25 Wed 5:20-7:50-10:20 Thu 2:15-5:20-7:50-10:20 Star & Strollers Screening Wed 1

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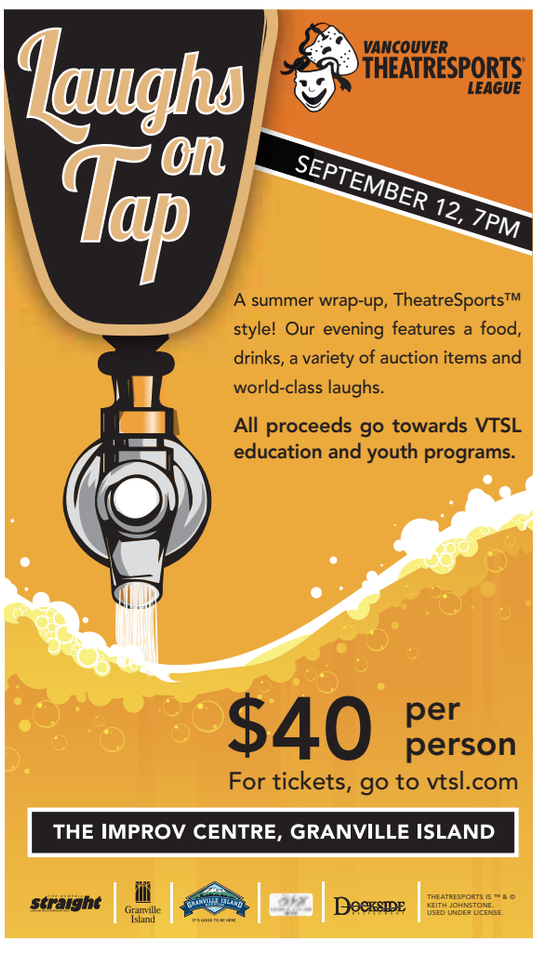
15051-101st Ave, Surrey

Bakit Hindi Ka Crush Ng Crush Mo? (PG) , Fri-Mon 1:30-3:50-6:30-9:10 , Tue 3:50-6:30-9:10 , Wed-Thu 6:30-9:10
Chennai Express (PG) , Fri-Mon 1:25-4:35-7:45 , Tue 4:35-7:45 , Wed-Thu 7:45
Elysium (14A) , Fri-Mon 1:10-3:45-6:40-9:30 , Tue 3:45-6:40-9:30 , Wed-Thu 6:40-9:30
Getaway (PG) , Fri-Mon 1:35-4:15-6:50-9:20 , Tue 4:15-6:50-9:20 , Wed-Thu 6:50-9:20
Jatt Airways (PG) , Fri-Mon 1:05-4:05-7:10-10:10 , Tue 4:05-7:10-10:10 , Wed-Thu 7:10-10:10
Jatt Boys Putt Jattan De (PG) , Fri-Mon 1-3:55-6:50-9:45 , Tue 3:55-6:50-9:45 , Wed-Thu 6:50-9:45
The Mortal Instruments: City of Bones (PG) , Fri-Mon 1:20-4:10-7-9:55 , Tue 4:10-7-9:55 , Wed-Thu 7-9:55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One Direction: This Is Us (G) Fri-Mon 1:15-6:45 Tue-Thu 6:45
One Direction: This Is Us 3D (G) , Fri-Tue 4-9:40 , Wed-Thu 9:40
Percy Jackson: Sea of Monsters (PG) , Fri-Mon 1:50-4:30 , Tue 4:30
Riddick (18A) , Thu 10:15
Star Trek Into Darkness — Double Feature (STC) , Fri-Mon 1:50
Star Trek Into Darkness — Double Feature 3D (STC) , Fri-Thu 7:15
We're the Millers (14A) , Fri-Mon 1:40-4:20-7:20-10 , Tue 4:20-7:20-10 , Wed-Thu 7:20-10
World War Z (14A) Fri-Mon
World War Z 3D (14A) Fri-Thu
The World's End (14A) , Fri-Mon 1:45-4:25-7:25-10:05 , Tue 4:25-7:25-10:05 , Wed-Thu 7:25-10:05
You're Next (18A) , Fri-Thu 7:30-10:15

Rialto
1732-152nd Street, White Rock

Blue Jasmine (PG) Fri 7:10-9:05 Sat-Mon 2:10-7:10-9:05 Tue-Thu 7:10-9:05
Lee Daniels' The Butler (PG) Fri 7-9:20 Sat-Mon 2-7-9:20 Tue-Thu 7-9:20

Criterion 4 White Rock
2381 King George Highway

D2 Guns (14A) Fri 7:20-9:40 Sat-Mon 2:20-7:20-9:40 Tue-Thu 7:20-9:40
The Conjuring (14A) Fri-Thu 7:15-9:35
Elysium (14A) Fri 7-9:25 Sat-Mon 2-7-9:25 Tue-Thu 7-9:25
Planes (G) Sat-Mon 2:30
We're the Millers (14A) Fri 7:10-9:30 Sat-Mon 2:10-7:10-9:30 Tue-Thu 7:10-9:30

Colossus Langley
20090-91A Ave, Langley

2 Guns (14A) Fri-Sun 2:55-5:30-8:10-10:45 Mon 5:30-8:10-10:45 Tue-Thu 7:30-10:15
Blue Jasmine (PG) Fri-Sun 12:15-2:45-5:10-7:35-10 Mon 2:45-5:10-7:35-10 Tue-Thu 3:55-7:05-9:45
Closed Circuit (PG) Fri-Sun 12:45-3:10-5:35-8:05-10:25 Mon 1:40-4:30-7:25-10 Tue-Thu 4:35-7:40-10:10
Despicable Me 2 (G) Fri-Mon 1:45 Tue-Thu 4:15
Despicable Me 2 3D (G) Fri-Mon 4:15-6:55-9:30 Tue-Thu 6:50-9:35
Elysium (14A) Fri-Sun 12:05-2:40-5:20-8-10:40 Mon 2:40-5:20-8-10:40 Tue-Thu 4:15-7:25-10:05
Getaway (PG) Fri 1:15-3:35-5:55-8:15-10:35 Sat 11:30-1:15-3:35-5:55-8:15-10:35 Sun-Mon 1:15-3:35-5:55-8:15-10:35 Tue-Thu 4:10-7:20-9:50
The Grandmaster (PG) Fri-Mon 1:40-4:30-7:20-10:05 Tue-Thu 4:30-7:15-10:05
The Heat (14A) Fri-Mon 10:20 Tue-Thu 9:50
Kick-Ass 2 (14A) Fri-Sun 12:20-2:50-5:25-8:05-10:35 Mon 2:50-5:25-8:05-10:35 Tue-Thu 4:10-7:10-9:45
Lee Daniels' The Butler (PG) Fri-Sun 12:45-3:50-7-10:10 Mon 1-4-7-10 Tue 3:40-6:45-9:55 Wed 6:45-9:55 Thu 3:40-6:45-9:55 Star & Strollers Screening Wed 3
Monsters University (G) Fri-Sun 12 Mon 2:25 Tue-Thu 3:35
The Mortal Instruments: City of Bones (PG) Fri-Mon 1:15-4:15-7:15-10:15 Tue-Wed 3:30-6:30-9:30 Thu 4-7-10
The Mortal Instruments: City of Bones — The IMAX Experience (PG) Fri 1:45-4:45-7:45-10:45 Sat 11-1:45-4:45-7:45-10:45 Sun-Mon 1:45-4:45-7:45-10:45 Tue-Wed 4-7-10 Thu 3:30-6:30
One Direction: This Is Us (G) Fri 12:10-2:35-4:55-7:15-9:35 Sat 11:20-12:10-2:35-4:55-7:15-9:35 Sun 12:10-2:35-4:55-7:15-9:35 Mon 2:35-4:55-7:15-9:35 Tue-Thu 4:30-7-9:30
One Direction: This Is Us 3D (G) Fri-Sun 12:40-3:05-5:25-7:45-10:05 Mon 3:05-5:25-7:45-10:05 Tue-Thu 5-7:30-10
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:05 Tue-Thu 3:45
Percy Jackson: Sea of Monsters 3D (PG) Fri-Mon 2:35 Tue-Thu 6:50 Fri-Mon 5:15-7:50
Planes (G) Fri 12:10-2:30 Sat 11:10-12:10-2:30 Sun 12:10-2:30 Mon 2:30 Tue-Thu 4:05
Planes 3D (G) Fri-Mon 5-7:25-9:45 Tue-Thu 6:55-9:25
Riddick: The IMAX Experience (18A) Thu 9:30
Rudy (STC) Sat 11
The Smurfs 2 (G) Fri-Mon 1:50-4:20-6:50 Tue-Thu 3:50-6:55
We're the Millers (14A) Fri-Mon 2-4:40-7:35-10:30 Tue-Thu 4:05-7:15-9:55
The Wolverine (14A) Fri-Mon 1:10 Tue-Thu 3:50
The Wolverine 3D (14A) Fri-Mon 4:10-7:10-10:10 Tue-Thu 7:20-10:10
The World's End (14A) Fri-Sun 12-2:40-5:15-8-10:40 Mon 2:40-5:15-8-10:40 Tue 4-7:05-10:15 Wed 7:05-10:15 Thu 4-7:05-10:15 Star & Strollers Screening Wed 3
You're Next (18A) Fri-Mon 10:30 Tue-Thu 10:15

Twilight Drive-In
260th Street & Fraser Highway, Langley

Grown Ups 2 (PG) Sat-Sun 2:30
Pacific Rim (PG) Fri-Thu 10:15
Turbo (G) Fri-Sun 8:30
We're the Millers (14A) Fri-Sun 12:30 Mon-Thu 8:30

Long weekend tunes

SOUND CHECK
Alan Cross
scene@metronews.ca

Labour Day. The saddest long weekend of the year. Maybe there's something here that will cheer you up.

Skyfall/ Russian Army Choir

Six members of the army covering Adele for a Moscow morning show? James Bond gets respect, even in Russia.

One/ Yamantaka // Sonic Titan

These "Noh-wave" experimentalists (and former Polaris Music Prize Short Listers) from Montreal have a new album entitled UZU coming Oct. 29. I, for one, can't wait.

No Rain/Blind Melon

Isolated vocals — just the recording of the singing of well-known songs — are appearing online in increasing numbers. Here's what Shannon Hoon sounded like with all the music stripped away. No Auto-Tune here, kids.

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Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Jailbird Cameron thought to be reason-behind Douglas — Zeta Jones split

Michael Douglas and Catherine Zeta Jones

The recent split between Michael Douglas and Catherine Zeta-Jones was reportedly spurred along by tension caused by his incarcerated son, Cameron Douglas, according to Radar Online. "Cameron is in solitary confinement and hasn't seen his father in an eternity, as he can't have visitors. Michael is beside himself. It consumes him," a source says. "Cameron and Catherine never seemed to have a close relationship, and I think Michael always felt she just didn't care for the situation. He probably felt there was little sympathy from her toward him and Cameron." Cameron is expected to remain in prison on drug charges until 2018.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Let's cut Cyrus some slack and remember what we did in our crazy 20s

PAT HEALY
Metro World News in Boston

I'm just going to go ahead and say it: Miley Cyrus really doesn't care and I sort of love her for it. What? Don't look at me like that. The hipster dream sequence/American Apparel-ad on-acid spectacle that was the video for We Can't Stop was weird as hell, but it was also sort of amazing. And you all know it.

And here's the thing, people. Do you know how old Miley Cyrus is? She is 20 years old. Do you remember what you were doing at 20? Not caring about anything pretty much. Getting all kinds of messed up on all kinds of substances and making all kinds of mistakes. (Ahem, at least that's what I imagine YOU all were doing. I was studying for finals, in my pajamas, at all times.)

The difference between 20-year-old Miley Cyrus and 20-year-old you and me, however, is that we didn't have cameras documenting our every move. (Unless you did, in which case — hey, cool, thanks for taking time out of your fancy celebrity life and reading this column!)

So, in my estimation, Miley Cyrus is pretty much hitting all the normal, 20-year-old idiot signposts — and awesomely so.

Case and point: in response to the hysterics since her VMA performance (I'm having a little chuckle at my desk right now imagining middle-aged women furiously googling the word "twerk" and getting really, really confused) Miley did not issue some half-assed apology for slutting it up and having a good time via Twitter.

No, Miley instead began tweeting a bunch of slutty pics of herself — all of them featuring her bony butt from its least bony angle — by way of issuing the world a big middle finger. Get on with your bad self, Miley.

Zach Braff ALL IMAGES GETTY

Busy Braff keen to please all 46,000 investors of Kickstarter flick

After his hugely successful Kickstarter campaign to fund his next movie drew just as much criticism as support, Zach Braff knows he has something to prove as Wish I Was Here goes into production. "If this is the test case for this way of financing a movie, I want to set the bar really, really high," Braff tells E! News. Of course, having 46,000 investors for your film can be a bit daunting, but Braff says no one is getting short shrift. "If any of these 46,000 people email us or contact us, they get a response that day, hopefully within a couple of hours," he says. "We treat them like they're guests at the fanciest hotel and we're the concierge."

Liquid Assets

Season's end sipper

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Coming from the Maritimes, I know that September can offer the best beach weather of the year. Even so, for the vast majority of Canadians the Labour Day is summer's last call.

Since the acknowledgment of hard work is the reason why we have this Monday off, I can't think of a better way to say a premature adios to summer than with a toast using something that took a little effort to create.

European bartenders have been mixing and matching their local liquids for decades, creating easy-to-make cocktails that more often than not have a wine base. All you need to get started is a bottle of white or sparkling.

In France's Burgundy region, Kir (using white) and Kir Royale (using sparkling) is made by adding a teaspoon of Crème de Cassis ($20.79 to $22.20) – a thick fruited blackberry liqueur — to the wine.

My favourite vino cocktail is The Spritz, invented in Northern Italy. Made with bubbly Prosecco, a dash of bitter Aperol ($21.99 to $26.98) aperitif and topped off with fizzy water, it's refreshing, no matter the season. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Marinades are the easiest way to add flavours to your meals. MATTHEW MEAD/ THE ASSOCIATED PRESS

One final summer long weekend hurrah

Marinades. Surprise your backyard get-together guests with some new flavours

Citrus marinades

Citrus juices are fairly acidic, which means they permeate and tenderize food quickly.

They work great as a base for marinades that you want to throw together just before dinner. For seafood, marinate for up to 30 minutes; chicken and steak can handle up to 2 hours.

Chipotle-Lime: Juice and zest of 2 limes, 2 tablespoons adobo sauce and 1 minced chipotle chili from a can of chipotles in adobo sauce, 2 cloves minced garlic, a hefty pinch of salt.

Orange-Cumin: Juice and zest of 1 orange, 1 tablespoon ground cumin, 1 teaspoon chili powder, 1 teaspoon garlic powder, a hefty pinch of salt. Try with haddock or chicken breasts.

Lemon-Herb: Juice and zest of 1 lemon, 1 tablespoon Italian herb blend, 1 teaspoon ground black pepper, hefty pinch of salt. Good on salmon or chicken thighs.

Vinaigrette marinades

Because vinegar is so aggressive, you'll want to temper it with oil. This helps carry the flavour into the food, as well as prevent the flavours from becoming too jarring. For fish, seafood and vegetables, marinate for 30 minutes and to up to 2 hours. For chicken, steak and pork, you can go for up to 8 hours.

Garlic-Balsamic: 2 tablespoons olive oil, 2 tablespoons balsamic vinegar, 4 cloves minced garlic, hefty pinch salt. Try with pork loin or steak tips.

Spicy Hoison: 2 tablespoons rice vinegar, 2 tablespoons hoisin sauce, 1 tablespoon vegetable oil, 1 teaspoon red pepper flakes, 1 teaspoon five-spice powder. Try on chicken tenders or scallops.

Maple-Soy: 2 tablespoons soy sauce, 3 tablespoons apple cider vinegar, 2 tablespoons maple syrup. Try with pork tenderloin medallions or cod.

Wine marinades

Wine is a great base for subtle marinades. Because they have a softer flavour than citrus or vinegar, you can use them to highlight other flavours. These marinades work especially well for hearty vegetables and meats. Marinate from 30 minutes to overnight.

Red Wine-Rosemary: 1/4 cup red wine, 1 tablespoon olive oil, hefty pinch each of salt and black pepper, 1 large stem rosemary, chopped. Try with portobello mushrooms.

White Wine-Mustard: 1/4 cup dry white wine, 3 tablespoons Dijon mustard, 1 tablespoon vegetable oil, hefty pinch each salt and black pepper. Great with chicken or eggplant.

Raspberry-Ginger: 1/4 cup sweet red wine, 1/4 cup seedless raspberry jam, 1 tablespoon vegetable oil, 2 tablespoons grated ginger, hefty pinch each salt and black pepper. Try on pork chops. THE ASSOCIATED PRESS

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Gastown BBQ and Chili Festival

Back for two days of food-friendly fundraising and featuring everything you could possibly want to sink your teeth into, be sure to put Gastown on your to-do list for the long weekend. Live music, craft beer tastings, an outdoor pig roast, chili cook-off and fourth annual Labour Day Luau at the Blarney Stone make this a must-do on Saturday and Sunday. The event takes place on Carrall Street.

Say cheese!

This Friday night at 2206 Commercial Dr., it's all about photographic guts and glory as the fifth Annual 12x12 Vancouver Photo Marathon gets underway with participating photographers equipped with nothing more than a 35 mm camera and canister of film. This not-for-profit annual event strips away the fancy additions of today's digitally driven photography to create a challenging artistic competition that tells a story the old-fashioned way. Visit vancouverphotomarathon.com.

Coming Up: Feast of Fields

Get your tickets early to this sell-out event brought to Vancouver by Farm Folk City Folk, who are celebrating their 20th anniversary. Held at the sprawling grounds of Krause Berry Farms in Langley, it is a day of culinary fun. For $95 a pop, you'll enjoy a day wandering around this outdoor food-focused festival, meeting growers, brewers, winemakers, farmers, chefs and everyone in between. Sample culinary creations to your heart's content (and wear stretchy pants) on Sunday Sept. 8. Visit farmfolkcityfolk.ca/events/feast-of-fields.

TELUS TaiwanFest

Featuring free music courtesy of the Vancouver Metropolitan Orchestra and conductor Ken Hsieh, top chefs, a bubble-tea-making contest and art exhibition, be sure to stop by this exciting (and free) festival. The fest runs from Saturday to Monday at the Vancouver Art Gallery. There will be live dance performances, Chinese medicine tutorials and more taking place. Learn all about it here: taiwanfest.ca.

Now Open: 1789 Restaurant and Lounge

Vancouver's West End has a new spot to head to when comfort food cravings hit. The former home to much-loved Delilah's is now host to two energetic industry veterans with a culinary vision, located at (1789 Comox St.). Full renovations provide excellent ambiance to the cozy space complete with a Captain's Table and several private dining areas good for groups. Dishes are centred on quality, locally sourced ingredients, fresh seafood and craft cocktails. Brunch is coming soon. For more info, visit: facebook.com/1789vancouver.

Latino American Film Festival

Plan ahead and grab tickets for the return of Vancouver's Latino American Film Festival, running until Sunday, Sept. 8. This festival celebrates a globally recognized level of artistry. With more than 100 entries, the spotlight is on Colombian films this year, with filmmakers from the country and surrounding regions in attendance. Visit vlaff.org.

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U.S. Open

Raonic the last Canadian standing in N.Y.C.

Milos Raonic is the lone Canadian left in singles at the U.S. Open.

Raonic advanced to the third round with a 6-1, 6-2, 6-4 victory over Spain's Pablo Andujar on Thursday.

The 10th-seeded Thornhill, Ont., native, fired nine aces past Andujar and won 81 per cent of first-serve points.

Earlier in the men's side, Spain's Tommy Robredo defeated Frank Dancevic of Niagara Falls, Ont., 6-4, 6-4, 6-1.

Montreal's Eugenie Bouchard lost 6-4, 2-6, 6-3 to eighth-seeded Angelique Kerber and Aleksandra Wozniak of Blainville, Que., faced a huge task against double Grand Slam champion Victoria Azarenka and lost 6-3, 6-1.

THE CANADIAN PRESS

Football

NFL agrees to pay $765M to settle concussion cases

The NFL agreed to pay more than three-quarters of a billion dollars to settle lawsuits from thousands of former players who developed dementia or other concussion-related health problems they say were caused by the very on-field violence that fuelled the game's rise to popularity and profit.

The settlement, unprecedented in sports, was announced Thursday after two months of court-ordered mediation and is subject to approval by a federal judge. THE ASSOCIATED PRESS

Wobbly offence still 'befuddling' Lions

CFL. Team welcomes Hamilton to BC Place Stadium on Friday

CAM TUCKER
cam.tucker@metronews.ca

A sputtering offence, led by Andrew Harris, left, and Travis Lulay has the Lions perplexed. GRAHAM HUGHES/THE CANADIAN PRESS

Jacques Chapdelaine's time and insight was in popular demand on Thursday.

The B.C. Lions offence has, through eight games of the 2013 CFL regular season, been consistently inconsistent and the growing ire of the fan base has once again focused on Chapdelaine, the team's offensive co-ordinator since 2005.

"I remember games, we would have a really good outcome and there's always people that were not happy the way we do things," said Chapdelaine.

"So, when you don't have the success that you should have, then you're going to hear those voices a lot more."

The Lions (5-3) host the Hamilton Tiger-Cats (4-4), winners of three straight games on Friday at BC Place Stadium.

It was only a week ago that the Lions offence put up just 240 net yards against the Montreal Alouettes in a losing cause.

The continued struggles had non-import running back Andrew Harris stating earlier this week that the Lions have to be "dictators" on offence.

The key to the offence dictating depends on three things: "Speed, execution, and play-calling," said Chapdelaine.

"Certainly part of the responsibility I take is if I don't put the players in a position where they can execute real well, then we don't see the speed and execution," he said.

"What's befuddling to us right now, at times, is the same play can be executed at a high rate of speed and execution, whether it's in practice, and then we come into a game situation, or a quarter later and there's some holes in that."

The Lions have had a full week to practise and prepare a game plan for Hamilton.

Now comes the task of translating it all into the game.

"Playing confident and playing fast, you don't have to be perfect because you can overcome the little mistakes that creep in," said quarterback Travis Lulay.

"I think that's something that's been a point of emphasis. Let's line up and play."

Pressuring Burris a big priority for Lions

The B.C. Lions defence goes up against Hamilton Tiger-Cats quarterback Henry Burris on Friday.

- Burris leads CFL quarterbacks with 2,454 passing yards.
- "You've got to get hits on him early. You've got to rattle him a little bit," said Lions' defensive tackle Keron Williams. "He's putting the ball on the money every time, he's creating plays with his feet and that's where the pressure of the defensive line ... has to come into full affect."

Whitecaps lose Mattocks for crucial stretch

Darren Mattocks will be with the Jamaican national team when the Whitecaps face FC Dallas Sept. 7, a match with potential playoff implications. DARRYL DYCK/THE CANADIAN PRESS

Darren Mattocks has become the latest member of the Vancouver Whitecaps to receive a call-up to his national team.

Mattocks, the speedy sophomore striker, was called to Jamaica's national team for a pair of World Cup qualifying matches, which means he will not be available for the Whitecaps when they take on FC Dallas on Sept. 7.

Russell Teibert and Mattocks will be available for Sunday's upcoming match against Chivas USA at BC Place Stadium, before their respective national commitments.

According to the Whitecaps, Mattocks leaves for the World Cup qualifier following Sunday's game against Chivas.

The Whitecaps enter the weekend as the favourites over Chivas.

The Vancouver side sits seventh in the Western Conference, but only one point out of that fifth and final playoff spot, currently occupied by the Seattle Sounders FC.

Chivas sits at the bottom of the conference with five wins all season.

However, the Sept. 7 road match against FC Dallas is shaping up to be another crucial match in a stretch drive now full of them.

Adding to the challenge of facing Dallas on the road — Vancouver has only two wins away from BC Place — is the fact that the Whitecaps will be without a versatile member of the attack in Teibert and now Mattocks, who could be used to start or come off the bench as an offensive threat. CAM TUCKER/METRO

4 SPORTS

Horoscopes

♈ Aries
March 21 - April 20
You have met so many challenges lately that you are entitled to back off — but you won't. Mars, your ruler, is urging you to go on the attack. Keep the pressure on your rivals, and on yourself.

♉ Taurus
April 21 - May 21
There are a number of things you no longer need in your life and now is the time to get rid of them. You know what they are and how they are holding you back, so go on and purge.

♊ Gemini
May 22 - June 21
It will be easy to go over the top and say something you don't really mean — and the consequences could be costly. You don't need to be so forthright in your opinions.

♋ Cancer
June 22 - July 23
Your mind is moving super fast at the moment, thanks to the positive influence of Mercury. But others won't be so quick in the brain box department, so make allowances and spell out the answers for them.

♌ Leo
July 24 - Aug. 23
You must resolve to stay the course, whatever the temptation may be to cut your losses and get out. Your solar chart indicates that it will all work out right in the end.

♍ Virgo
Aug. 24 - Sept. 23
Even if the facts are on your side, you could be in a difficult position today because friends and colleagues have got it completely wrong and you don't want to embarrass them. Still, the truth is the truth.

♎ Libra
Sept. 24 - Oct. 23
Your popularity will soar over the next few days and people in positions of power will go out of their way to do you favours. Bear in mind though that they will expect those favours to be returned.

♏ Scorpio
Oct. 24 - Nov. 22
You are not the kind to let people dictate to you but cosmic activity in the career area of your chart suggests you may have to today. Try not to antagonize authority figures.

♐ Sagittarius
Nov. 23 - Dec. 21
A Sun-Saturn link will boost your self-discipline and make it easier for you to complete tasks that you might otherwise lose interest in. It's not true that Sags lack in staying power. Prove it.

♑ Capricorn
Dec. 22 - Jan. 20
There may be no logical reason why a certain person gets on your nerves but they do and there isn't much you can do about it. What you can do, of course, is stay out of their way for the next 24 hours.

♒ Aquarius
Jan. 21 - Feb. 19
Don't allow yourself to be talked into supporting a cause you don't believe in. Just because it is the fashionable thing does not make it right.

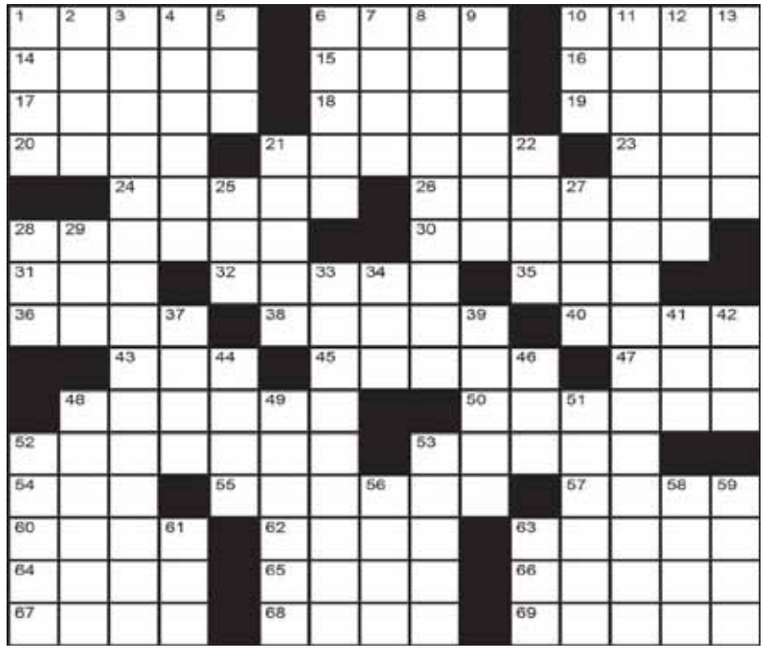
♓ Pisces
Feb. 20 - March 20
There is no point trying to explain why you have chosen to follow a certain course — few people are likely to understand. The only thing that matters is that you believe you are doing the right thing. Do you?

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

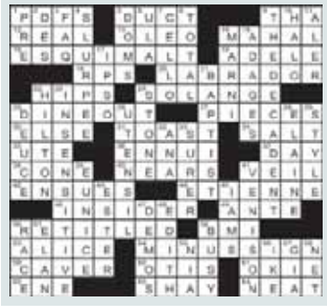
BY KELLY ANN BUCHANAN



Across
1. Apple, in Quebec City
6. Boxing blows
10. Cook's crackees
14. Vestibule
15. Fit
16. Ms. Loughlin of "Full House"
17. "Over There": Composed by George M. __
18. 'Proper' word?
19. String problem
20. Ladies
21. Swanky neighbourhood of Winnipeg
23. __ and flow
24. "__, __! I remember now!"
26. Escape; or, Selena Gomez's new movie
28. Fellini film, "La __" (1954)
30. Restrain: 2 wds.
31. Furry friend
32. "...upon so __ _ subject as myself." - Bit of Romeo and Juliet
35. Big hurricane, __: 5
36. Longbow woods
38. Hen's home
40. Crevice-filling wedge
43. Q. "What's the opposite of 'out'?" A. "'__', _ think."
45. Ms. O'Donnell
47. Numerical prefix
48. Mini burger
50. Vancouver-born actor James who played Scotty on "Star Trek"
52. Certain cracker
53. Category
54. "Babe: __ in the City" (1998)
55. Mary-Kate and Ashley
57. Venerations
60. Moisturizer ingredient
62. "Make __ __." ("Star Trek: The Next Generation" catchphrase)
63. Sharpshoot
64. Not ruffled
65. Crease
66. President Nixon's first VP, Spiro __
67. Rubik's Cube inventor, __ Rubik
68. Genuine
69. Gives up control

Down
1. Mil. ranks
2. "Wooow!"
3. Celine Dion hit: 5 wds.
4. Fredericton-born soprano Ms. Brueggergosman
5. Sea eagle, variantly
6. Roman Myth: God of beginnings
7. "...like _ __ of chocolates..." - Forrest Gump
8. Country sound
9. E-Mail getter, say
10. Antlered animal
11. Film classic on Vancouver-born actress Ann Rutherford's resume: 4 wds.
12. Josh of song
13. Be indifferent: 2 wds.
21. "Coffee, __ __ milk?"
22. Ear-related
25. NFL measurements
27. Collections of anecdotes
28. Mata Hari, for one
29. Little laugh, __-hee
33. Montreal-born opera great, Maureen __
34. Also
37. Miffed state
39. Rolling-to-shore waters
41. Mr. Gershwin
42. Maximum opp.
44. Prefix to 'syncrasy' (Mannerism)
46. Time type
48. Popeye's profession
49. Join the army
51. Netflix prison-set series, "__ Is the New Black"
52. Astronomer's interest
53. Pointed-hat garden ornament
56. Classic tongue-twister bit, "__ Wood sawed wood."
58. Blade in sports
59. Uses needle-and-thread
61. Jeff Lynne's gr.
63. Pouch

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		4	1		6	3		7
		5	8		4	9		
	7						8	
			3		7			
1								2
			9		2			
	4						3	
		2	7		5	1		
5		8	4		1	7		9

Yesterday's Sudoku

2	1	5	4	9	8	6	3	7
4	6	9	7	5	3	1	2	8
3	8	7	2	1	6	4	9	5
6	3	1	9	2	7	8	5	4
7	9	4	3	8	5	2	1	6
5	2	8	6	4	1	3	7	9
1	7	3	5	6	4	9	8	2
8	4	2	1	7	9	5	6	3
9	5	6	8	3	2	7	4	1

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Saturday 22°/16° Mainly sunny
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Check the 14 day trend.
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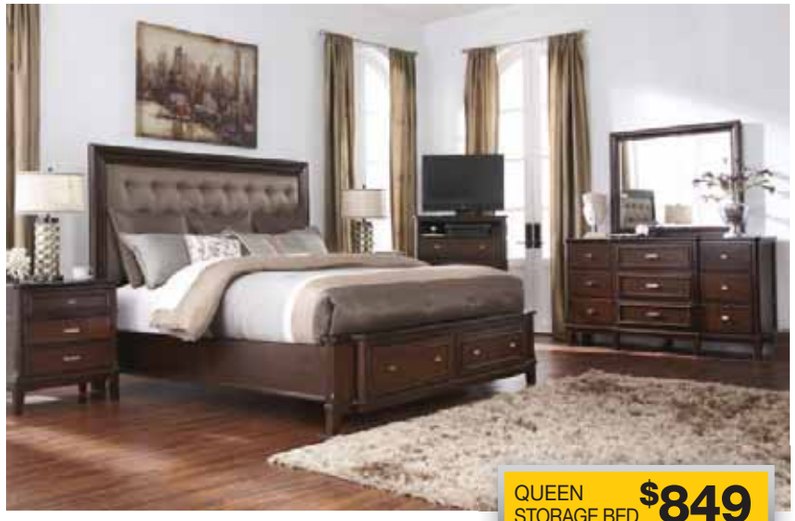

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